The Herald-Palladium

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MONTESSORI FOR DEMENTIA PATIENTS

Inside today

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MONTHLY
January 2020
FREE
The Montessori approach
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TheHP.com @HeraldPalladium HeraldPalladium WEDNESDAY, JANUARY 8, 2020 As low as 86¢ with a paid subscription $2

Photos by Don Campbell / HP staff

Director Stephanie Kohler is excited about an expansion project at Lory's Place in St. Joseph. The organization has obtained space adjacent to its current site and will use it to offer expanded services for adults.

Branching out

Grief and healing center Lory's Place seeks donations as it adds programs and expands into an adjacent space

By JULIE SWIDWA
HP Staff Writer

Lory's Place is expanding after an adjacent space became available and a couple who wishes to remain anonymous bought it and donated it to the facility. A capital campaign is underway to raise additional money to renovate the space.

ST. JOSEPH — When Stephanie Kohler walked into Lory's Place for the first time in 2004, she had lost a baby, Simon; her husband, Matthew; and her father, Leo, all within 18 months.

She and her surviving sons Noah, then 6 and Jacob, then 9, needed help. The boys had lost their father and Kohler had never handled the family's finances or changed a furnace filter.

"When we received everything we needed, I took the training to become a volunteer, then I came on staff in 2007 as the family services coordinator," she said.

Kohler, now the director, knows all too well the importance of the services offered by Lory's Place. That's why she is super excited about a campaign now underway to expand Lory's Place and create a dedicated venue for adult programming.

"We've always served adults through our peer support groups. But the needs of an adult go beyond that," she said.

Lory's Place, at 445 Upton Drive, is a program of Caring Circle, a Spectrum Health Lakeland affiliate. Lory's Place gets various services through Lakeland but has its own budget and gets no money from Lakeland.

Lory's Place was founded in 2004 in memory of Dr. Lory Tonske Schults, a St. Joseph podiatrist who died at age 40 in a car accident. Lory's husband, Ron Schults, helped Lisa Bartoszek, the original director, found Lory's Place and remains a major donor. Roughly 42,000 adults and children grieving the death of someone significant have been helped, and no one pays fees for anything.

The expanded Lory's Place will offer new services for adults, such as cooking lessons, home maintenance, learning to manage household accounts or washing clothes, things for which

See **LORY'S PLACE**, page A6

SH streamlining livestock permit process

New ordinance cuts out several hurdles

By BECKY KARK
For The Herald-Palladium

SOUTH HAVEN — Two years ago, Edgeworks owners Chuck and Debbie Beatty thought it would be a great idea to let four of their Boer goats graze on property the couple owns in the city's business park.

The couple – unabashed goat lovers – reasoned that bringing the animals to work would help keep their grandchildren occupied while grandma and grandpa worked at the shop.

But gaining the city's OK was another story.

First, the Beattys had to apply for a livestock permit from city officials. Then they had to get the Van Buren/Cass Health Department's blessing. Finally, the city council had to decide whether to allow the goats. The couple's diligence, however, paid off.

"They were over the moon the council approved it," City Manager Brian Dissette recalled.

The Beattys aren't the only city residents who want to own livestock on their property.

"The city council has received an increasing number of requests to keep non-traditional animals on residential properties," Assistant City Manager Kate Hosier said. "The current ordinance requires a recommendation from the county health department officer in order for the city council to approve an application for livestock."

But the health department no longer has staff available to conduct the reviews.

"For the past couple of years, the health department has said, 'We cannot review them. We don't have the staff," Dissette said.

As a result, livestock permits have been basically put on hold.

But it looks like that will change.

Council members on Monday voted to amend the city's livestock ordinance to streamline the process of gaining a permit to own such outdoor animals as domestic rabbits, pigeons, chickens, potbelly pigs, goats, and even honeybees.

City staff and the planning commission for the past several months have been examining livestock ordinances from other cities in Michigan, Hosier explained. Proposed amendments were then drafted for the planning commission to review and forward to the city council.

The updated ordinance gets rid of some of the steps people had to take to get a permit. Applications no longer have to be reviewed by the city council and the health department. Rather, city staff will have the authority to approve or deny permits. The amended ordinance also stipulates how many of each kind of livestock people can have, how much space they need to allocate for their animals, and how to properly care for them. Livestock

See **LIVESTOCK**, page A6

Southern fried optimism

Louisiana native Odenwald loves his new challenge as SMC president – and he doesn't even mind the winters

By DEBRA HAIGHT
HP Correspondent

Debra Haight / HP correspondent

New SMC President Joseph Odenwald said he has quickly settled into his new role and is thrilled for this opportunity. "I wake up every day and pinch myself that this is real," he said.

DOWAGIAC — A new era is starting at Southwestern Michigan College and it has a distinct southern flavor. New college president and Louisiana native Joseph Odenwald has already set down roots in the area in the two years he's been here, including frying catfish each fall at freshman orientation.

The SMC Board of Trustees in October chose Odenwald, then the vice president of student services, to be the college's eighth president. He was chosen from a field of four internal candidates. Longtime President David Mathews retired at the end of December after 18 years as president.

"I knew I had to give it a shot," Odenwald said this week when asked about his decision to apply for the top job. "If they told me 'no,' I still had a good job. There was not a lot to lose. … I was glad and surprised when they chose me. I wake up every day and pinch myself that this is real."

See **ODENWALD**, page A6

Iran strikes back at U.S. with missile attack at Iraq bases

By NASSER KARIMI, AMIR VAHDAT and JON GAMBRELL
Associated Press

TEHRAN, Iran — Iran struck back at the United States for the killing of a top Iranian general early Wednesday, firing a series of ballistic missiles at two Iraqi bases housing U.S. troops in a major escalation that brought the two longtime foes closer to war.

Iranian state TV said it was in revenge for the U.S. killing of Revolutionary Guard Gen. Qassem Soleimani, whose death last week in an American drone strike near Baghdad prompted angry calls to avenge his slaying. A U.S. official said there were no immediate reports of American casualties, though buildings were still being searched.

Soleimani's killing and the strikes by Iran came as tensions have been rising steadily across the Mideast after President Donald Trump's decision to unilaterally withdraw America from Tehran's nuclear deal with world powers. They also marked the first time in recent years that Washington and Tehran have attacked each other directly rather than through proxies in the region. It raised the chances of open conflict erupting between the two enemies, which have been at odds since Iran's 1979 Islamic Revolution.

Iran initially announced only one strike, but U.S. officials confirmed both. U.S. defense officials were at the White House, likely to discuss options with Trump, who launched the strike on Soleimani while facing an upcoming impeachment trial in the Senate.

See **IRAN**, page A6

The Newspaper for Southwest Michigan

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Weather

High Today 26

Low Tonight 18

6 50645 49085 0

Mich. ballot drive to bar LGBTQ discrimination begins

By DAVID EGGERT
Associated Press

LANSING — A group launched a 2020 ballot initiative Tuesday to expand Michigan's civil rights law to include anti-discrimination protections for LGBTQ people, a step that would put the issue to voters if the Republican-led Legislature does not pass the measure.

Fair and Equal Michigan, a committee backed by business, political and philanthropic leaders, submitted petition language to the Board of State Canvassers. Once it is approved, the group will have until late May to collect the roughly 340,000 valid voter signatures needed to place the initiated bill before lawmakers.

If legislators do not adopt the legislation – similar bills have long stalled in the Legislature – the initiative would go to a statewide vote in November.

"This coalition of Michigan citizens has support across LGBTQ groups, the business and philanthropic sectors, and both sides of the political aisle. There is more that brings us together than forces us apart," said Mel Larsen, a former Republican lawmaker who co-sponsored the 1976 civil rights act.

The proposal would update the law to prohibit discrimination based on sexual orientation or gender identity in employment, housing and public accommodations.

Executives at several major Michigan corporations – DTE Energy, Consumers Energy, Herman Miller, Whirlpool and Dow – issued statements supporting the initiative. Also backing it were leaders of the Michigan AFL-CIO, the NAACP's Detroit branch, and current and former political figures such as ex-U.S. Rep. Joe Schwarz, a Republican, and Lansing Mayor Andy Schor, a Democrat.

"Advancing the fair treatment of all people – regardless of their race, religion, disability, ethnicity, age, gender, sexual orientation or gender identity – is a key component of retaining and growing a world-class, talented workforce," said Patti Poppe, president and CEO of Jackson-based Consumers Energy. "To stay competitive in today's economy, we need to be bold in our efforts to make our community more welcoming to all."

Jeff Noel, corporate vice president for Whirlpool Corp., said this: "At Whirlpool, we are proud to be one of the majority of Fortune 500 companies that have taken steps to enact policies to prohibit discrimination for LGBTQ employees. We strive to create an internal workplace culture that allows and encourages its personnel to bring their full selves to work. This means an open, supportive, and inclusive environment where it is possible for LGBTQ employees to feel welcomed."

Last year, Democratic Michigan Gov. Gretchen Whitmer joined with Democratic legislators to renew a push for legislation to add legal protections for LGBTQ people. But legislative committees have not held hearings on the bills.

GOP lawmakers have not embraced such measures in the past, or have insisted that they be paired with a religious objections measure that is opposed by backers of LGBTQ rights.

Twenty-one states prohibit discrimination in employment, housing and public accommodations based on sexual orientation and gender identity while another – Wisconsin – bars discrimination against gays and lesbians but not transgender people, according to the Human Rights Campaign, a national LGBTQ rights organization.

In October, the U.S. Supreme Court heard arguments over whether the federal civil rights law protects LGBT people from discrimination in employment – as a subset of sex discrimination. One of the cases involves a Michigan funeral home employee who was fired after disclosing that she was transitioning from male to female and would begin dressing as a woman.

Pelosi's next move on impeachment unclear

WASHINGTON (AP) — Senate Majority Leader Mitch McConnell said Tuesday he has the votes to start President Donald Trump's impeachment trial as soon as House Speaker Nancy Pelosi releases the documents, winning support from GOP senators to postpone a decision on calling witnesses.

The announcement is significant, enabling McConnell to bypass for now Democratic demands for new testimony as he launches the third impeachment trial in the nation's history. It could begin this week if Pelosi sends the articles of impeachment to the Senate.

But Pelosi gave little indication Tuesday of her next move. She cut short an impeachment discussion with her leadership team late at the Capitol when an aide handed her a note about the crisis unfolding in the Middle East.

Pelosi appears in no rush to transmit the articles of impeachment as Democrats push to hear from more witnesses but McConnell focuses on a strategy for speedy acquittal. The Senate can't start the proceedings until the charges against Trump are sent.

"We have the votes," McConnell told reporters about his proposal that would set the rules for a trial and would be modeled after President Bill Clinton's impeachment 20 years ago. He said the question of new witnesses and documents will be addressed later "and not before the trial begins."

LOTTERIES

Tuesday drawings

Michigan
Poker Lotto
JD-QD-2C-4C-5H
Midday Daily 3
4-7-4
Midday Daily 4
0-3-4-4
Daily 3
5-3-7
Daily 4
6-1-4-1
Fantasy 5
06-08-20-36-39
Keno
02-03-04-05-06-07-15-17-22-27-29-32-36-37-43-48-50-51-55-59-60-67
Mega Millions jackpot
$60 million
Powerball jackpot
$258 million

Monday drawings

Indiana
Cash 5
01-04-14-16-19
Cash4Life
22-32-33-35-43, Cash Ball: 2
Quick Draw Midday
04-06-10-13-23-25-27-28-41-44-45-46-49-56-61-63-66-67-74-80, BE: 45
Daily Three-Midday
8-7-2, SB: 3
Daily Three-Evening
6-5-0, SB: 2
Daily Four-Midday
4-0-8-0, SB: 3
Daily Four-Evening
8-7-1-8, SB: 2
Quick Draw Evening
02-05-07-16-18-24-25-27-41-46-50-53-59-61-66-72-73-74-78-79, BE: 73

Illinois
Lotto
11-17-31-38-40-42, Extra Shot: 4
LuckyDay Lotto Midday
03-12-16-24-38
Pick Three-Midday
2-5-3, Fireball: 9
Pick Three-Evening
5-2-8, Fireball: 5
Pick Four-Midday
7-6-3-2, Fireball: 6
Pick Four-Evening
9-9-6-4, Fireball: 1
Lucky Day Lotto
11-12-35-40-41

– The Associated Press

Photos by Rick Rycroft / AP

Justin Kam, left, hands to his partner Helena Wong a small horse statue found in the rubble of their destroyed home at Balmoral, Australia, on Tuesday. Kam and Wong built their home with quarter-inch thick reinforced glass, steel framing and rock surrounds to protect them from Australia's notorious wildfires. But as they stayed home with their son and battled flames that soared as high as a 15-story building, they realized they were in mortal danger.

Australian family's fortress no match for fires

By NICK PERRY
Associated Press

BALMORAL, Australia — With flames climbing as high as a 15-story building and menacing his supposedly fireproof home on three sides, Justin Kam ran to the laundry room and opened the door. Inside was fire.

That's not supposed to happen, he thought.

It was clear his family's fortress had been breached and they were in mortal danger and needed to get out.

"Once the fire had penetrated the structure, that was the signal: Time to get out. You can't save it," he said. "Staying in any longer and we really would've been a statistic."

They escaped – just barely – but found themselves among 2,000 homeowners whose houses have burned down during what has been a catastrophic fire season Down Under, full of apocalyptic images that have focused the world's attention on climate change.

The blazes have killed at least 25 people, scorched an area twice the size of the U.S. state of Maryland and killed hundreds of millions of animals and birds. The fires are expected to flare up later this week when temperatures rise.

Kam and his wife, Helena Wong, had built their home in the New South Wales town of Balmoral with steel framing, reinforced glass so thick you would need a sledgehammer to break it and retaining walls made of rock, all to protect them from Australia's notorious wildfires.

Their defenses turned out to be no match for a rapacious fire so hot it evaporated their outdoor furniture, leaving behind ghostly imprints reminiscent of those after the atomic bombing of Hiroshima.

Justin and Helena had moved to their sleepy village of 400 people 20 years ago and thought they had found their slice of paradise. Their house overlooks a valley filled with eucalyptus trees. Kangaroos hop along their veranda, and a wombat dug a burrow under their deck.

Justin Kam holds a sushi knife that has a wine bottle and plate fused to it on Tuesday, after a fire destroyed his home.

(The fire) operated like a military tactician. It would hit you from the front, and while you're occupied with that, it would turn around and hit you from the flanks.

JUSTIN KAM
Balmoral, Australia, resident who lost his home to a wildfire

Helena began breeding rare chickens.

They knew the fires would come, and had successfully fought two before.

On Dec. 21, Justin was ready, watching the progress of the flames from his roof with binoculars. The couple and their 16-year-old son, Gabriel, who was on Christmas break from school, had been raking and wetting down the areas around the house. The had filled buckets, emptied gas cylinders, put on their smoke masks and left two vehicles running in the driveway, just in case.

But this fire was like nothing they had ever seen. A wall of flame came up the valley. A fireball rose 200 feet into the sky. The flames were so hot they were swirling, and not only moving with the wind, but also against it.

The family raced to douse embers on one side of the house only to find the flames approaching from a different direction.

"It operated like a military tactician," Justin said. "It would hit you from the front, and while you're occupied with that, it would turn around and hit you from the flanks."

The fire killed a half-dozen lizards that took refuge in a pot of water and all of Helena's chickens. When the flames burst into the house, they melted a champagne bottle, fusing it with some buckled porcelain and a sushi knife.

As the family members ran from their house, Helena's shoes melted and embers landed on her shoulders. She believes they made it out by no more than 30 seconds. The back of their car had melted, so they jumped into their truck and drove up their driveway to the end of their street.

But there was nowhere to go from there. They were surrounded by flames.

After what might have been five minutes or 10, the fire front moved on and they drove to the fire station, where others were taking shelter.

Among them was Rosemary Doyle, whose own house had burned down. The fire station itself was under threat, and people began to pray. The power went out, and Doyle crawled out from the bathroom, thinking: Not today. Not yet. It's not my time.

On Tuesday, Brendon O'Connor, the town's volunteer fire captain, said that while the fire had moved on from Balmoral, where it burned down about 25 homes, he doesn't know when it will stop.

"Either when the good Lord opens up the heavens and gives us weeks of rain, or it burns to the coastline," he said. "They're really the options. It really is too large to put out. Anything that we're doing isn't working."

Killing of Iran general risks gains against IS

By ROBERT BURNS
AP National Security Writer

WASHINGTON — President Donald Trump's national security team knew that killing Iran's most powerful general could hurt efforts to mop up and head off any revival of the Islamic State militant group – and that is just what has happened.

Two days after Gen. Qassem Soleimani was killed in a U.S. drone strike in Baghdad, the U.S. troops in Iraq to fight the Islamic State are now focused on their own defense, guarding American bases and the U.S. Embassy from an expected Iranian response. The fight against the militants is now on hold, and a Trump foreign policy achievement is in doubt.

"When we looked at this operation we knew there would be consequences," said Gen. Mark Milley, chairman of the Joint Chiefs of Staff. "We knew there'd be risk." But he said the threat of attack on U.S. interests was too great to not act.

The Islamic State evolved in Syria after U.S. troops withdrew from Iraq in 2011; its fighters swept back across the border in 2014, captured wide swaths of western and northern Iraq and imposed brutal rule over a self-declared "caliphate."

A U.S.-led coalition finally ousted the group from the last of its territory in Syria in March 2019, but thousands of fighters scattered throughout the region and continue to pose a threat.

Defense Secretary Mark Esper agreed on Tuesday that "the suspension of activities in Iraq" against IS was foreseen as a possible outcome of killing of Soleimani.

Two days after a missile launched from a U.S. drone killed the general in Baghdad on Jan. 3, shortly after he arrived, the U.S.-led military coalition in Iraq announced a pause in its years-long partnership with Iraqi forces against IS remnants. The focus shifted to protecting coalition troops and the U.S. Embassy, in anticipation that Iran would try to avenge Soleimani's death by attacking.

Ketti Davison, a retired Army intelligence officer with experience in Iraq, said there is no doubt that the fight against the militants has been undercut.

"The counter-ISIS campaign was already strained," said Davison, an intelligence expert at the Institute for the Study of War. The effort in Syria has been hampered since Turkey invaded northern Syria in October, complicating U.S. cooperation with Kurdish fighters and giving the Russian military a wider role in the country.

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Prime Time TV

WEDNESDAY EVENING JAN. 8

	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30
ABC 7 13 41 57	Wheel of Fortune	Jeopardy! The Greatest of All Time (N)		Modern Family (N)	:31 Single Parents	Stumptown (N) cc (DVS)	
CBS 2 3 22	Ent. Tonight	Undercover Boss cc		Criminal Minds "Under the Skin; Awakenings" The team searches for Everett Lynch.			
NBC 5 8 16	Ac. Hollywood	Chicago Med (N) cc (DVS)		Chicago Fire "Hold Our Ground" (N)		Chicago P.D. "Mercy" (N)	
FOX 17 22 28 32	Modern Family	Flirty Dancing "Episode 3: Anna & Ted"		Almost Family "Courageous AF" (N)		Fox 17 News at 10:00PM (N) cc	
PBS 34	Outdoor Elements	Nature Tom Mustill investigates whales.		NOVA Mercury, Venus, Earth and Mars.		Ozone Hole: How We Saved the Planet	
CW 25	Big Bang Theory	Riverdale "Chapter Sixty-Six: Tangerine"		Nancy Drew "The Hidden Staircase"		News	Seinfeld cc
MNT 50	Family Feud	Chicago P.D. "Chin Check" cc		Dateline "Mystery at Payson Canyon"		Dateline The murder of Travis Alexander.	
WCIU 26	Mike & Molly	Riverdale "Chapter Sixty-Six: Tangerine"		Nancy Drew "The Hidden Staircase"		2 Broke Girls	2 Broke Girls
WHME 45	:00 Heartland	Heartland "One Day" cc (DVS)		Highway to Heaven cc		The List (N) cc	Celebrity Page (N)
WGN 9	News	black-ish	black-ish "VIP"	Last Man Standing	Last Man Standing	WGN News at Nine (N) (L) cc	
A&E	Live PD: Rewind	Live PD "Live PD -- 01.08.20 (Hour 1)"		America's Top Dog "Raising the Woof"		Live PD "Live PD -- 01.08.20 (Hour 2)"	
AMC	Catching Fire	★★★ I Am Legend ('07, Science Fiction) Will Smith, Alice Braga. cc				★★ Deep Impact ('98) cc	
Animal	Was Prey	:01 I Was Prey: Under Attack				:01 I Was Prey cc	
BET	Tyler-Single Moms Club			T. Perry's The Oval		Tyler Perry's Sistas	
Big Ten	College Basketball			College Basketball Illinois at Wisconsin. (N)			
Bravo	Housewives/NJ	The Real Housewives of New Jersey		The Real Housewives of Dallas (N)		Watch What	Housewives/NJ
Cartoon	Infinity	American	American	Burgers	Burgers	Fam. Guy	Fam. Guy
Cinemax	6:10 In Bruges	★★ Spy Game ('01, Suspense) Robert Redford, Brad Pitt. cc				:10 ★★★ The Mustang ('19) cc	
CMT	Last Man	★★ Stepmom ('98) Julia Roberts, Susan Sarandon. cc					
CNBC	Shark	Shark Tank cc		Shark Tank		Five Day Biz Fix (N)	
CNN	OutFront	Anderson Cooper		Cuomo Prime Time		CNN Tonight	
Comedy	South Pk	South Pk	South Pk	South Pk	South Park cc		South Pk
Discovery	Alaskan Bush	Alaskan Bush People (N) cc		:01 Man vs. Bear "Born to Run" (N)		9:57 Naked and Afraid: Uncensored	
Disney	Bunk'd	Bunk'd	Gabby	Sydney	Just Roll	Coop	Sydney
DIY	Holmes	Holmes Makes		Holmes & Holmes		Holmes	Holmes
E!	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley
ESPN	NBA Basketball Denver Nuggets at Dallas Mavericks.					NBA Basketball	
ESPN2	College Basketball Teams TBA.			College Basketball Teams TBA. (N) (L)			
ESPNC	6:00 Tennis From Jan. 29, 2012.			Tennis			
Food	Grocery	Guy's Games		Guy's Games		Guy's Games	
Fox News	The Story	Tucker Carlson		Hannity (N) cc		The Ingraham Angle	
Fox Sports	Inside	Women's College Basketball				World Poker	
Freefrm	6:00 ★★★ The Blind Side ('09) Sandra Bullock. cc			Party of Five "Pilot" (Series (P)) (N)		Party of Five "Margin of Error" (N)	
FX	4:30 Avatar	★★★ Hidden Figures ('16) Taraji P. Henson. Mathematicians help launch astronaut John Glenn into space. cc					
Golf	PGA	PGA Tour Golf					
Hallmark	Anything for Love	Winter in Vail ('20) Lacey Chabert. A woman inherits her uncle's chalet. cc				Love on the Slopes ('18) cc	
HBO	Crazy, Stupid	★★★ Mrs. Doubtfire ('93, Children's) Robin Williams, Sally Field. cc				:10 ★★ The Sun Is Also a Star	
History	Forged	Forged in Fire		Forged in Fire (N)		Vikings (N) cc	
HGTV	Hunters	Property Brothers		Property Brothers		Hunt Intl	Hunters
Learning	My 600-	My 600-Lb. Life "Lindsey's Story" (N)				1000-lb Sisters (N)	
Lifetime	Married-Sight	Married at First Sight Five couples prepare for marriage. (N) cc				Supernanny "Corry Family" (N) cc	
MSNBC	Hardball	All In With		Rachel Maddow		The Last Word	
MTV	Catfish	Catfish: The TV		True Life	Ridic.	Ridic.	Ridic.
NBCSCH	Bulls	NBA Basketball: Bulls at Pelicans					Postgame
NFL	NFL Total	NFL 100 Greatest		NFL 100 Greatest		NFL 100	NFL 100
Nick	Loud	Sponge.	Sponge.	Friends	Friends	Friends	Friends
NGEO	Locked	Locked Up Abroad		Locked Up Abroad		To Catch a Smuggler	
Oxygen	:00 Snapped	Snapped "Julia Phillips" cc		Snapped "Lupita Acuna" cc		Snapped A young Marine goes missing.	
Parmt	Two Men	★★★ The Hangover ('09) Bradley Cooper. cc					Hangover
Showtime	Making of: 1917	★★ Flashdance ('83) Jennifer Beals. (P). cc			:35 ★★★ Ghost ('90) Patrick Swayze, Demi Moore. cc		
Starz	6:55 ★★ Sicario: Day of the Soldado ('18) cc			★★ Beauty Shop ('05) Queen Latifah, Alicia Silverstone. (P). cc			
STZENC	:18 ★★★ Reservoir Dogs ('92) Harvey Keitel. cc			★★★ All Is Lost ('13, Adventure) Robert Redford. (P). cc			
SyFy	6:45 ★★ Ghost in the Shell ('17) Scarlett Johansson.			★★★ Troy ('04) Brad Pitt. Achilles leads Greek forces in the Trojan War. cc			
TBS	Seinfeld	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Full Frontal
TCM	Poltergeist ('82)	★★★★ Some Like It Hot ('59, Comedy) Tony Curtis, Jack Lemmon. cc				★★ The St. Valentine's Day Massacre	
TMC	6:00 Capote	★★★ The Death of Stalin ('17) Steve Buscemi, Andrea Riseborough. cc				★★★ Death at a Funeral ('07)	
TNT	London	All Elite Wrestling: Dynamite (N) cc				The Longest Yard	
Travel	Paranorm.	Paranormal Ca.		Paranormal Ca.		Ghosts-Camera	
TV Land	Andy G.	Raymond	Raymond	Raymond	Raymond	King	King
USA	:00 NCIS	WWE NXT (N) (L) cc				:08 ★★ Bad Boys ('95) cc (DVS)	
VH1	Ink	Black Ink: Chicago		VH1 Special cc		Black Ink: Chicago	
WGN-A	Cops cc	Cops cc	Cops Stings.	Cops cc	Cops cc	Cops cc	Cops cc

Cycling offers many benefits with low impact

DEAR DOCTOR: My company provides perks for involvement in its wellness program, and I've decided to start biking the 4 miles (with a few hills!) to work. Do you think it's a good choice? Any advice for getting started?

DEAR READER: First, congratulations for making this positive change in your life. Cycling is a terrific activity with multiple health benefits. Exercise, in general, has been shown to help boost energy; improve mood; reduce the risk of a range of diseases, including heart disease and certain cancers; maintain a healthy weight; add to strength, agility and flexibility; and aid in sleep.

As you cycle the 4 miles to and from work, you'll use an impressive range of muscle groups. These include the hamstrings and quadriceps, which are the two major muscles in the legs; the calf muscles; the gluteals, which are the trio of muscles that make up the buttocks; the core muscles of the abdomen; and to a lesser degree, the muscles of the upper body. Conquering those hills will get your heart and lungs working and help build strength, stamina and endurance.

Cycling is an excellent resistance activity, which means it's good for bones and bone density. It's also a low-impact activity, so it's kind to the joints. And the hundreds of tiny decisions needed to navigate a route and negotiate traffic help keep you mentally sharp. By the time you wheel into work after 30 to 45 minutes on the bike, you'll have a nice endorphin glow with which to start your day.

Elizabeth Ko & Eve Glazier
Ask the Doctors

The two main things to consider are conditioning and safety. If you haven't been cycling on a regular basis, start by making sure your bike fits you properly and is in good repair. Your local bike shop can help you with that. Start training with short rides, gradually building up until you're comfortable with your daily commute. The goal is to improve physical conditioning and also to become comfortable on the bike and out on the roads. Age plays a role as well. Once we hit our 40s, our muscles don't perform at the same level as in our younger days. For older riders, this means more time to build strength, and longer to recover.

The main risks of cycling come from run-ins with motor vehicles, so you want to focus on safety. Always obey the rules of the road; for instance, be sure to ride with traffic, not against, and signal your turns. A common refrain from drivers is that they didn't see the cyclist until it was too late. So make yourself as visible as possible with bright colors and reflective gear. In low light or darkness, make yourself known with reflectors, a white front light and red rear light on your bike, and again, reflective gear. And always – this is nonnegotiable no matter how short a distance you plan to ride – wear a good helmet. It can save your life.

Eve Glazier, M.D., MBA, is an internist and assistant professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and primary care physician at UCLA Health.

Boyfriend swears his 'bestie' is just a friend; girlfriend's not buying it

DEAR CAROLYN: My boyfriend of 10 months has a "bestie" (word he uses) that I have never met.

They party together and coincidentally she can never meet up when I am out and I am never invited when she is hanging out. I believe he is keeping the space between us because they party together in ways I am concerned about, i.e., certain drugs and staying up all night. This makes me very uncomfortable, which I have expressed numerous times.

I asked to meet her to make it less mysterious and it hasn't happened. At first he gets defensive when I bring it up, and then tells me he will rectify it. He tells me I am going to feel so much better once we meet because I'll realize she is just a friend and she'll tell me she has never seen him in love like this or as happy as he is now.

My reaction is, well, if so, then why hasn't he made it happen? Which of course I know – because there is something wrong.

Also, I heard from a mutual friend he had a crush on her but she just wanted to stay friends.

There was one night she was going to meet up with us in July, and without me asking, he proceeded to prep me and tell me they are just friends and I have nothing to worry about.

He has told white lies to cover up when they are together and won't reply to her texts when he is next to me and waits to reply when I can't see it.

My gut tells me he has an issue with the drugs/relationship, etc., and that's why he is keeping the space. Either way, it's not good.

Carolyn Hax

We have talked about marriage and having kids, which I was very excited about. Obviously my actions are the ones I can count on. Don't know what to do. – Frustrated

DEAR FRUSTRATED: If you're still with him, then, no, you can't count on your actions, not yet.

This has been going on for months.

And you haven't only stuck around, you're talking *marriage* with him! Despite full awareness of his lying to you and strong suspicion of drug abuse.

The reasons are well past mattering. This is worth spelling out, though: It's not about his having a onetime crush as a "bestie." That's complicating but not automatically disqualifying.

Instead, it's about 10 months of his you've-got-to-be-kidding-me efforts to keep you from significant parts of his life. It's about your having to ask for transparency. It's about his refusing you even then.

What matters now, the only thing that matters, is that you've opted to stay with someone who treats you badly, waiting, waiting, waiting for the good things he plainly won't give.

Please, learn to take better care of yourself. Your time, your companionship, your future, your trust, your truth are all gifts. Your self-respect is what keeps you from throwing those gifts away on people who don't deserve them.

If it's your pattern to devote yourself to people who mistreat you, then please work on your self-respect in counseling.

You'll know you can trust yourself when you give these gifts judiciously – to people who value you enough and respect you enough to give as freely of themselves in return.

Email Carolyn Hax at tellme@washpost.com, follow her on Facebook at www.facebook.com/carolyn.hax or chat with her online at noon each Friday at www.washingtonpost.com.

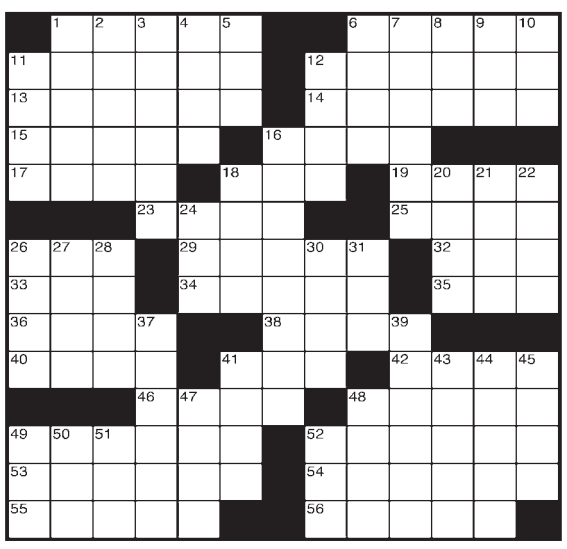
Crossword

ACROSS
1 Like London weather
6 Gush
11 Adult
12 Made a salary
13 Come by
14 Prepares cutlets
15 Watchful
16 Kind of cheese
17 Dweeb
18 Half a candy?
19 Stole
23 Shriveled from heat
25 Link
26 Sister of Helios
29 Out of the sack
32 Snoop
33 Embroider, maybe
34 Mosey along
35 Stockholm carrier
36 Salad dressing cheese
38 So be it
40 Org.
41 Nature (pref.)
42 Electrical units
46 Pout
48 Brew tea
49 Brand names
52 Fiesta decor
53 Mexican lizard
54 Forage crop
55 Clapton classic
56 Pulled along

DOWN
1 Aesopian narrative
2 Web-toed mammal
3 Sentinels
4 — one's teeth
5 Urge
6 Teasdale of poetry
7 Attractive
8 One, to Conchita
9 Fire engine color
10 Six-pointers
11 Complain
12 Poet's black
16 Returns (2 wds.)
18 Hat feature
20 Excuse me!
21 Gumbo veggie
22 Piano parts
24 Baseball stat
26 Napoleon's island
27 Fixes a squeak
28 Observes
30 Dagwood's neighbor boy
31 Before marriage
37 Open a letter
39 Later! (2 wds.)
41 Adamson's "Born Free" lioness
43 Breathe hard
44 Doled out
45 Rigging support
47 Arm bone
48 Fodder storage
49 Rapper — Kim
50 Famous Khan
51 Pay for
52 Interest amt.

Answer to Previous Puzzle

R	O	B	■	B	B	S	■	■	P	I	C	A
E	L	L	■	R	O	A	R	■	E	T	O	N
A	L	I	■	I	S	L	E	■	A	L	P	O
R	A	P	I	D	S	■	F	A	L	L	E	N
■	■	■	F	L	Y	■	I	R	E	■	■	■
R	E	E	S	E	■	E	L	I	D	E	D	■
A	L	S	O	■	U	C	L	A	■	P	I	E
M	A	T	■	E	R	R	S	■	F	I	S	H
■	N	A	S	S	A	U	■	T	I	C	K	S
■	■	■	L	P	N	■	H	O	N	■	■	■
B	I	K	I	N	I	■	Y	A	N	K	E	D
O	V	I	D	■	U	S	E	S	■	E	V	A
L	A	N	E	■	M	I	N	T	■	P	E	N
E	N	D	S	■	■	L	A	Y	■	I	N	K



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Jumble

Unscramble these Jumbles, one letter to each square, to form four ordinary words.

NUYRN

GEHED

TIDYDO

PESEYL

First we miss our flight. Now I have to pay for this?
This was the only room left
It has two toilets.
1/8
THE HOTEL ROOM WAS EXPENSIVE AND THEY HAD NO CHOICE BUT TO ---

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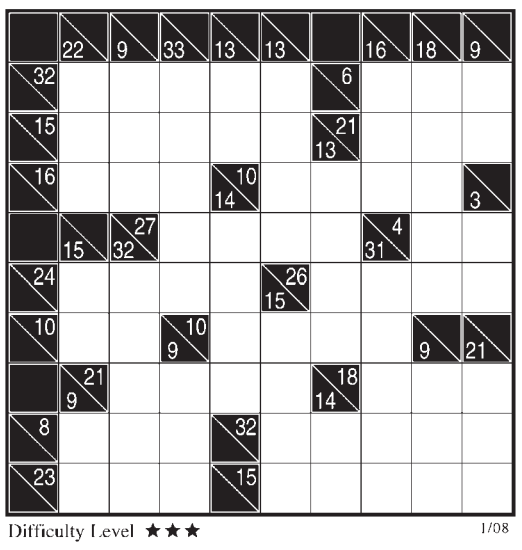
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

_____ THE _____

(Answers tomorrow)

Yesterday's Jumbles: BURLY EXACT WOODEN CACKLE
Answer: If you thought Earth's center could reach 10,000 degrees Fahrenheit, you'd — BE "CORE-ECT"

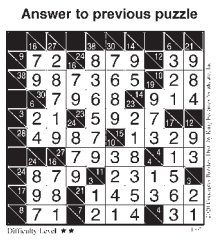
Kakuro



Difficulty Level ★★★ 1/08

How to play: Numbers above the slash are across clues; numbers below the slash are down clues. The goal is to enter digits 1-9 in the white cells to add up to the number clues. You cannot use any digit more than once when adding up to a clue.

Answer to previous puzzle



Bridge

When driving a car up to a stop sign, you often have the choice of going left, right or straight ahead. At the bridge table, the direction you select may be decided by the defenders – as in this deal.

First, though, look at the West hand. What would you lead against four hearts?

In the auction, South judged well to jump to four hearts. Here, if West had sacrificed in four spades, he might or might not have made it. The play would have been complicated.

Often, the best lead against a trump contract is a short, strong side suit. Here, the diamond king stands out; and notice that it defeats four hearts because declarer cannot get into the dummy to discard a diamond loser on the club ace. South will lose one spade, one heart and two diamonds.

However, when this deal was played, West led his trump. This looked like a winner as well, but South had a vital card in her hand – which one?

East took the first trick and returned a spade. West won with the queen and shifted to a club, dummy's queen being covered by the king. Now South took 10 tricks from the diamond ace, club ace, three spade ruffs and five trumps in hand.

Suppose, though, East plays a second round of hearts immediately. Declarer wins on the board and runs the spade jack.

North 01-08-20
♠ J
♥ K J 10 7
♦ 10 9 7 4
♣ A Q 3 2

West
♠ A Q 7 4 2
♥ 9
♦ K Q 3
♣ J 9 8 4

East
♠ 10 9 3
♥ A 3
♦ J 6 5
♣ K 10 7 6 5

South
♠ K 8 6 5
♥ Q 8 6 5 4 2
♦ A 8 2
♣ —

Dealer: West
Vulnerable: Both

South	West	North	East
	1♠	Dbl.	2♠
4♥	Pass	Pass	Pass

Opening lead: ??

West shifts to the diamond king. South takes the trick, ruffs a spade, discards a diamond on the club ace, ruffs a club and leads the spade king. When West covers with the ace, and dummy ruffs, notice that declarer's spade eight is now high!

Sudoku

DIFFICULTY RATING: ★★☆☆☆

	1	4		3	7			5
3	6	2	1	5				7
7						1	2	
1					2			
		7	8	6	4	3		
			3					2
	4	1						6
5				9	1	4	7	8
6			5	4		2	1	

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How to play: Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9.

PREVIOUS SOLUTION

6	7	5	3	1	4	2	9	8
4	1	3	8	2	9	5	6	7
8	2	9	5	6	7	1	4	3
9	5	4	7	8	2	6	3	1
1	8	6	9	5	3	4	7	2
7	3	2	6	4	1	8	5	9
2	6	7	1	9	5	3	8	4
3	4	8	2	7	6	9	1	5
5	9	1	4	3	8	7	2	6

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Add Iran's leadership to ash heap of history

Cal Thomas

Addressing the British Parliament in 1982, President Ronald Reagan outlined a plan for placing the Soviet Union and Marxism-Leninism on the "ash heap of history." It is an objective President Trump might pursue against the mullahs in Iran, who are subsidizing terrorism in the Middle East and threatening to export it elsewhere.

The latest military and verbal volleys between the United States and Iran started when a branch of the Hezbollah terrorist group (called "militants" by some reporters), attacked the American Embassy in Baghdad. Unlike the 2012 terrorist assaults in Benghazi, Libya, during which U.S. Ambassador Christopher Stevens, Information Officer Sean Smith, and two CIA operatives, Glen Doherty and Tyrone Woods, both former Navy SEALs, were killed, while President Obama and Secretary of State Clinton did little, President Trump sent in the Marines who repelled the terrorists.

The Baghdad incident followed U.S. airstrikes that killed 25 militia members, who the U.S. had claimed were responsible for the death of an American contractor. Following the repulsion of the embassy attackers, new U.S. airstrikes near Baghdad airport killed Qasem Soleimani, leader of Iran's elite Quds Force.

This prompted a response from Iranian President Hassan Rouhani, who said, Iran and other "free nations in the region" will take revenge on the United States. The only "free nation" in the region is Israel, which Iran has promised to destroy.

In terms of a focused verbal response, it is hard to beat what Sen. Ben Sasse, R-Neb., said. "This is very simple: General Soleimani is dead because he was an evil bstard who murdered Americans. The President made the brave and right call, and Americans should be proud of our service members who got the job done. Tehran is on edge – the mullahs have already slaughtered at least a thousand innocent Iranians – and before they lash out further they should know that the U.S. military can bring any and all of these IRGC butchers to their knees."

The policy of the United States (and other truly free nations) – whether declared or undeclared – should be to destroy the dictatorial and murderous Iranian regime. The fiction of "moderates" embedded among Iranian leaders is just that. The West has long engaged in self-delusion, believing that somewhere within radical Islam there are flowers of freedom just waiting to bloom if only they are watered and fertilized properly, because doesn't everyone want to be free?

It depends on the definition of "freedom," which means different things to different people.

The U.S. has again demonstrated it has the power to retaliate and kill evil people, but that doesn't solve the problem. The supply of these fanatics seems unlimited. They really believe if they are killed while killing others they will immediately ascend to Heaven where their god will dispense virgins and figs.

Sanctions are helping but sanctions are not enough. An invasion will not work and would be bloody. Iran must not be allowed to develop nuclear weapons it would likely use to threaten Israel and possibly U.S. forces in the region.

President Trump is demonstrating a toughness that was mostly absent in the Obama and Clinton administrations when it came to Iran. Obama, who released $400 million plus $1.3 billion in interest payments in cash the day after U.S. hostages were released by the regime, may have had the legal right to do so under a previous agreement with Tehran, but it looked to many like ransom money and to the Muslim world like weakness.

Tyrants and bullies count on the weakness and indecisiveness of their adversaries. The Soviet Union lost its battle for worldwide domination (though China is seeking to fill that void) because the goal of Reagan was to assign it to history's ash heap. President Trump should make sure Iran's mullahs are added to the pile.

Cal Thomas is a columnist for Tribune Content Agency.

GUEST COLUMN

Grief doesn't disappear for the holidays

By ANNIE BROWN

If you survived 2019 after your mother or father, spouse, sister or brother, or best friend died, I just want to hug you. You made it through Christmas in spite of finding absolutely no jolly in your holly.

This was originally a letter I was going to write to my friend, Mike, whose amazing dad died in August. His death was more than untimely – it was just plain rude. But since then, so many of you have been slapped in the face by the cold hand of fate, that I want to write this to all of you.

A few weeks ago I ran into my friend, Jeffrey, and I asked how his wife was doing. Jeffrey's mother-in-law had the nerve to die close to the holidays and just before his wife's birthday. As I commiserated with Jeffrey I told him that for those of us who lost a loved one, surviving the holidays is like 40 days of crawling through the desert, from Thanksgiving to Christmas. In January we're still picking sand out of our molars.

My parents died about two months apart, 28 years ago.

After nearly three decades, I'm not sure it gets better. Doubling up on anti-depressants does not help because there is no prescription for grief. The gaping tear of despair is one wound that time does not heal.

My family calls it "playing the dead parents card." A year ago on Thanksgiving, our daughter Maggie warned us that she would be spending Christmas with her boyfriend in Detroit. She had a logical and reasonable point about why she should be in Detroit with Vince's family. After she gave her explanation, it was my turn:

"MY PARENTS ARE DEAD."

Everything will remind you of them. When I look at our Christmas tree I remember that every year my parents' biggest fight was about whether the tree was straight. My dad was the prince of perfect ornament placement. His thumbprints were burned off from rearranging the light bulbs so no two red or green lights were next to each other. When I hear Josh Groban promise "I'll Be Home for Christmas" I have to stop myself from thinking of my home on Lynn Street that's been sold, remodeled and re-sold. But changing that thinking is like shifting gears without putting the clutch in first.

The good news is that our old parents, old friends, and the young husbands and wives ripped away too soon become the ghosts of Christmases past and future. They haunt us when we make cranberry sauce. When I put sheets on the bed for company I hear my mom telling me that the opposite corners of the fitted sheet go on first, and the pattern of the top sheet goes inside. We hear whispers of wisdom when we stand back and make sure the tree is straight.

The only wisdom I have to share is that I know you can do this.

When my mom was dying she told me she worried how I was going to make it, taking care of her – my best friend – who was dying a slow death from cancer. I reminded her that I came from a long line of women who were raised to walk through hell and come out smiling.

One winter when it felt like hell was freezing over, I delivered Mobile Meals to a woman who lived in a gray double-wide on a gravel road. The snowdrifts covered the path to her door. So I waded through snow above my knees, carrying the meal against my coat to keep it warm. And then I fell in the snow, holding the meal above the snow line.

That is grief. You think you're making progress. You can see the front door. And then you fall flat on your face. But in 2020 we will pick ourselves up and slog onward through the drifts.

Be kind to yourself. Take baby steps. Take a deep breath. Cry hard. Be pissed at God. You have time to forgive. You don't have to smile. When people ask you how you are doing, just say "OK."

And I promise you that one day you will laugh again.

Annie Brown lives in South Haven.

Marijuana legalization needs public health campaign

By ELIZABETH HEUBECK

The eye-catching packaging features cookies in gourmet flavors like sea-salt and snickerdoodle. Delectable-looking caramels. Mouth-watering chocolates. These treats are enough to tempt anyone – especially impressionable adolescents.

But these "edibles" are more than just tasty treats. They contain cannabinoids like tetrahydrocannabinol, or THC, the chemical in marijuana responsible for most of the drug's psychological effects. Slick marketing of edibles and other marijuana-based products, along with legalization of marijuana's recreational use (now in at least 10 states and Washington, D.C.), is shifting societal attitudes toward the drug. As more permissive perspectives toward recreational marijuana take hold, the drug's detrimental effects on its youngest users appear to be overlooked.

In Maryland, a bipartisan group of lawmakers is said to be investigating the pros and cons of legalization for adults. One of the likely discussion points? Potential tax benefits for legalizing marijuana. Some lawmakers say taxes from the sale of legal marijuana would help pay for costly education reforms. In fact, this has been cited as one of the primary reasons Maryland lawmakers are considering legalizing recreational marijuana.

It's a twisted argument.

By legalizing recreational marijuana, Maryland is likely to face a host of costly education and other problems. Scientific evidence tells us that being "high" on marijuana results in immediate impaired attention, memory and learning. For teenagers who toke up or munch on edibles before or after class, residual but very real effects can last much longer. Mounting data show the deleterious and potentially long-term effects of marijuana on the developing adolescent brain. One landmark study, which tracked more than 1,000 adolescents in New Zealand between early adolescence and middle age, found that individuals who habitually smoked marijuana before turning 18 lost up to eight IQ points by the time they turned 38.

Marijuana use during adolescence also has been linked to mental health issues later. A 2019 meta-analysis of over 23,000 participants published in the medical journal JAMA Psychiatry found that individuals who began using marijuana at least weekly before the age of 18 were almost 40 percent more likely to develop depression in adulthood. This early, regular usage also significantly increased the likelihood of suicidal behavior in later years.

But marijuana use isn't just bad for teenage brains. It increases the risk of immediate, dangerous consequences to anyone who uses it. Statistics in states that have legalized recreational marijuana bear this out. Marijuana-related traffic deaths involving drivers who tested positive for the drug have nearly tripled in Colorado since the state legalized marijuana for recreational use. Marijuana-related emergency room visits and hospital admissions in Colorado also have escalated since the drug became legal, especially among adolescents, according to multiple studies.

The high levels of THC found in today's marijuana-based products could have something to do with the rise in emergency room visits. The Alcohol and Drug Abuse Institute at the University of Washington found that today's marijuana "crystals," sold in a legal marketplace in Seattle, contained a maximum of 79 percent THC. Marijuana "waxes" and "sauces" from the same legal marketplace? Up to 85 percent and 83 percent THC, respectively. In contrast, the average THC content of marijuana tested in 1980 was just 1.2 percent.

Critics might argue that in states where recreational marijuana is legal, buyers must be 21 years of age and, therefore, teens won't have access to the drug. But many young people in our country fail to wait until they're 21 to drink alcohol. And scores of parents to underage children turn a blind eye to the illegal consumption of alcohol. What's to say it would be any different for marijuana?

All things considered, we seem to be moving toward a state where adolescents face few incentives to avoid using marijuana. We've already got the marketing and packaging in place to lure young people to consume marijuana-based edibles (plus wildly popular adolescent-friendly vape products, frequently used to smoke marijuana). Lawmakers are purporting the supposed financial gains of making recreational marijuana legal.

So, what's missing? A sound public health campaign on the risks associated with recreational marijuana use, especially in young people. It just might prevent a pending public health crisis.

Elizabeth Heubeck is a Baltimore-based freelance writer.

2020 is year of reading women

Leonard Pitts

I'm here to say goodbye to Stephen King.

Not that he's going anywhere. Indeed, I imagine he's at his desk even now, devising a fiendish fate for some schmuck unlucky enough to be a character in a Stephen King novel.

But whatever that fate may be, I will know nothing about it – not this year, at least. I will be similarly ignorant of whatever legal potboiler John Grisham has in the pipeline or whatever magisterial new history David McCullough publishes next. The acclaimed new novels by Ta-Nehisi Coates and Colson Whitehead? They will also have to wait until 2021.

This, you see, is The Year of Reading Women.

No, that's not an official calendar designation. Rather, it's an unofficial columnist designation, springing from a piece I did last summer. I spoke of perusing my book diary and discovering to my chagrin that it contained almost no women authors. In 2016, for instance, I read or listened to 46 books. Exactly one – Tananarive Due's "Ghost Summer Stories" – was by a woman.

Without realizing it, I had been filtering female authors out of my reading list. It was a jolting discovery for an avowed feminist, but it reminded me how insidious biases can be. And that, for as much as people love to proclaim their absolute lack of prejudice, what they usually mean is that they do not go around thinking mean thoughts about racial, religious or gender Others. Which is well and fine, except that our most powerful and consequential prejudices tend to be the ones we carry without even knowing we do. They lead us to assumptions we make without realizing we've made them, actions we take without quite knowing why.

So it's not enough to harbor no conscious bias. Rather, it's incumbent upon good people also to be vigilant and intentional in dealing with biases they carry below the level of conscious awareness.

The Year of Reading Women is me, being intentional. From now till Dec. 31, with the exception of those I might need in researching a column or novel, every book I read or listen to will be by a female author.

You, dear reader of whichever gender, are welcome to read and listen along. I'll be posting capsule reviews through the year and hope you'll share your thoughts as well. The web page that will host all this is still under construction, but you'll find the link in a future column as well as on my page at MiamiHerald.com. I'll also post links on Facebook and Twitter (#TheYearOfReadingWomen).

When I wrote that first column I didn't expect much response, books being the unsexy subject they are. So imagine my surprise when it turned out to be my biggest column of the year. I'm still snowed under by reader recommendations and have resigned myself that I'll never reach the bottom of the pile. But I thank all of you who suggested a name or title to me. Most of this year's reading will be drawn from your lists. We begin with Toni Morrison's "The Bluest Eye" and Linda Castillo's "Sworn to Silence."

I confess to some mild trepidation. Metaphorically speaking, at least, Stephen King is a friend of long standing. It's going to feel strange going a year without him, Walter Mosley or Greg Iles.

However, I need to heed my own advice. How many times have I argued that rooting out ingrained biases requires a willingness to venture beyond your comfort zones? In getting out of your comfort zones, you expand them, a process that is ultimately less about abandoning old friends than discovering new ones. So yes, today's the day I say goodbye to Stephen King.

It's also the day I say hello to Jodi Picoult.

Leonard Pitts is a columnist for The Miami Herald. Email: lpitts@miamiherald.com.

OBITUARIES

Virgil Tacket

Virgil Tacket, 96, of Berrien Springs, fell asleep in Jesus during the early hours of the new year, 2020.

TACKET

"Chuck" was born March 26, 1923, in Hollister, Wis., the eighth child of Minnie and Hiram Tacket. In addition to working on the farm, he graduated from White Lake High School in 1942, and was drafted into the U.S. Army in 1943, where he served proudly as a staff sergeant. In 1955 he earned his B.A. degree in accounting from Emmanuel Missionary College (now Andrews University) in Berrien Springs. During his time in college, he married the love of his life, Phylis Servi, on June 17, 1951.

Chuck found his true calling as a custom home builder, working with his partner, Paul Cress, to build over 155 area homes. He was one of the founders of the Berrien County Home Builders Association and served as treasurer. He loved building and took great pride in the quality and honesty of his work. As an active member of Pioneer Memorial Church, he served as an elder, a member of the church board for 25 years and on the finance committee.

He is survived by his wife of 68 years, Phylis; two children, Douglas (Tracy) and Judy; five grandchildren: Kaitlin Ball, Whitney Tacket, Jordan Oakley, Shane Oakley and Cheyenne Oakley; and three great-grandchildren.

Chuck loved his family, his friends and his church. He will be missed by many.

Services will be at 3 p.m. Sunday, Jan. 12, at Pioneer Memorial Church on the campus of Andrews University, with visitation at 2 p.m. Memorial contributions can be made to Your Story Hour in Berrien Springs. Online messages: www.allredfuneralhome.com.

Norman Lee Doyle

Norman Lee Doyle, 60, of Ionia, Mich., passed away Dec. 31, 2019.

He was born in Berrien Springs on Feb. 20, 1959, the son of Herbert and Mildred (Thompson) Scott Jr. Norman graduated from Benton Harbor High School in 1978, where he was captain of the wrestling team, played football and after graduation served three tours of duty in the Marines, including Grenada Operation Urgent Fury, as well as winning boxing titles. He received several military medals for his service. He held associate and bachelor's degrees in business administration from Cleary College. He enjoyed cooking, fishing and dancing. He was a kind, loving person with a good sense of humor.

He leaves to cherish his memory his son, Emmanuel Whitley of Ann Arbor, Mich.; daughter, Claranda Barnes of Vernon Hills, Ill.; grandson, Jauron Jackson II; siblings: Chelly Doyle of Lansing, Mich., Tonya Doyle (Bicy) of Holt, Mich., Robert (Samantha) Thompson of Benton Harbor and Randy (Debra) Thompson of Radcliff, Ky.; nieces and nephews: Nichola Doyle, Bryan Ealey, Joy and Justin Bicy, Jasmine and William Thompson, Ebony Owens and several others and greats; and the love of his life, Jeanne Hyatt.

He was preceded in death by his parents, elder brother and sister.

Funeral services will be held at 11 a.m. Saturday, Jan. 11, at Lake Funeral Home in Ionia, with visitation one hour prior to the service at the funeral home. Interment will be in Letts Cemetery. Online condolences may be made at www.lakefuneralhomes.com.

Evelynn 'Darlene' (Bishop) Grubb

Evelynn "Darlene" (Bishop) Grubb, 64, passed unexpectedly due to recent health complications on Dec. 30, 2019, at Hanson Hospice Center, Stevensville.

GRUBB

Darlene is survived by her son, Ronald Grubb; daughter, Lindsey Grubb; grandaughters: Sadie Belin, Cassidy Grubb, Destiny Carpenter, Brooklynn Grubb and Nevaeh Grubb; grandson, Payton Grubb; and many nieces and nephews.

She is preceded in death by her brother, Robert Bishop; mother, Mildred (McClure) Bishop; father, Archie Bishop; sister, Jean Gunn; sister, Brenda Lambrecht; brother, Larry Bishop; sister, Linda Cummings; love of her life, Ronald Grubb Sr.; son, Mark Bishop; nephew, Sonny Grubb; and niece, Ashley Grubb.

Darlene was born in Benton Harbor on Oct. 15, 1955. She was a graduate of Benton Harbor High School and held a variety of jobs throughout Berrien County.

Darlene was an avid concert enthusiast. She enjoyed painting ceramics, playing cards and completing puzzles. She was a devoted friend and loving mother. Her greatest joy in life was her grandchildren.

A celebration of her life will take place from 5-8 p.m. Sunday, Dec. 12, at Berrien Springs Legion Post 85 in Berrien Springs.

Elsbeth Helling

Elsbeth Helling, 92, of St. Joseph went home to be with her Lord and Savior on Friday, Jan. 3, 2020.

HELLING

She was born June 16, 1927, in Gelsenkirchen-Horst, Germany, to Ferdinand and Anna (Schweichel) Lenk.

The family will receive guests from 5-7 p.m. Friday, Jan. 10, at Starks & Menchinger Chapel. A funeral service will be held at 10:30 a.m. Saturday, Jan. 11, at Washington Avenue Church of God, 4051 Washington Ave., St. Joseph, with Pastor Andreas Hannich officiating. Burial to follow in Hickory Bluff Cemetery, Stevensville. Arrangements have been entrusted to Starks & Menchinger Chapel, St. Joseph. Memorial contributions may be given to Liberian missionaries, Caleb and Monika Sannoh at https://newinternational.org/give/campaign/sannoh. Checks can be made care of Washington Avenue Church of God. Those wishing to leave condolences or make memorials may do so at www.starks-menchinger.com.

Elsbeth is survived by her children, Esther (Erich) Kant and and Detlef (Helga) Helling; eight grandchildren; 21 great-grandchildren; and her siblings, Frieda (the late Helmut) Mueller, Fritz (Renate) Lenk and Helga (the late Arnold) Arndt; and sister-in-law, Christa Lenk-Hoffmann.

Sallie Ann Woods-Johnson-Carr

Sallie Ann Woods-Johnson-Carr, 72, passed away on Dec. 30, 2019, peacefully at her home.

WOODS-JOHNSON-CARR

She was born Nov. 29, 1947.

A funeral service for Sallie will be held at 1 p.m. Friday, Jan. 10, 2020, at Highland Avenue Seventh-day Adventist Church, 2075 Highland Ave., Benton Harbor, MI 49022. Visitation will take place one hour prior to the service. Burial will follow in Crystal Springs Cemetery, Benton Harbor. Online condolences may be made at www.hovenfunerals.com.

We will remember and cherish her always.

Dudley Darby Gray

Dudley Darby Gray of Crawfordsville, Ind., formerly of St. Joseph passed away Saturday night, Jan. 4, 2020, at Bickford Memory Care. He was 93.

GRAY

Dudley served in the Army Air Corps toward the end of World War II, then worked as a commercial artist. He was an award-winning watercolor artist. He was a great dad and a wonderful "Grampa." He attended St. Bernard's Catholic Church in Crawfordsville. He was a member of the Darlington American Legion and the Elks. He was a great athlete, even in his later years. He played basketball until he was 60 and volleyball past 70. He loved to ski, ride his bike and was a great dancer. He loved music of many types, old movies and Civil War history.

Born Sept. 26, 1926, in Crawfordsville, he was the son of Harold Hugh Gray and Laura Darby Gray. He attended Louisville Male High School in Louisville, Ky. He later attended IU, Herron Art Institute and the California Institute of the Arts. He married Joan L. Scott on Sept. 5, 1953. She passed away Oct. 14, 2012.

Surviving family includes: two daughters, Laurie (Rick) Ryland and Leslie (Charlie) Warren; son, Hugh Scott (Jennifer) Gray; 10 grandchildren; nine great-grandchildren; and former daughter-in-law, Joyce Lewis.

He was preceded in death by his wife, Joan Gray; son, Steve Gray; brother, Mike Gray; and his cousin and best friend, Tom Thompson.

A memorial visitation will be held from 10-11 a.m. Friday, Jan. 10, at St. Bernard's Catholic Church, 1306 E. Main Street, Crawfordsville, with a funeral Mass starting at 11 a.m. Burial will follow in Greenlawn Cemetery in Darlington.

Donations in memory of Dudley Gray may be to the local chapter of the Disabled American Veterans, in care of Gary Bell, 1802 E. Wabash Ave., Crawfordsville, IN 47933.

Robert Alan Vorel

Robert Alan Vorel, 68, died at his home on Jan. 4, 2020. Arrangements have been entrusted to Sommerfeld Chapel, 15 N. Barton St., New Buffalo.

Bob was born on Jan. 15, 1951, to the late Frank and Bessie (Pokorny) Vorel. He was a New Buffalo resident throughout his school years. Bob celebrated his talent for color, texture and interior design in different areas of the United States. From Ft. Lauderdale, Atlanta and returning to his roots in New Buffalo, his style made everything a little more beautiful. He loved the beach – spending many summers along the shores of Lake Michigan.

Bob was preceded in death by his mother, Bessie; father, Frank; and brothers, Butch and Melvin.

He is survived by his nephew, Doug Vorel; and many cousins and friends.

A Celebration of Life service will take place at 11 a.m. Thursday, Jan. 9, at St. John United Church of Christ, with Pastor John Peterson officiating. Burial will follow in Pine Grove Cemetery in New Buffalo. Visitation precedes the service from 10-11 a.m. at the church. Friends wishing to leave the family a message of condolence may do so at www.sommerfeldchapel.com.

Jhvone K. 'BoBo' Fonder

Jhvone K. "BoBo" Fonder, 23, of Benton Harbor departed this earth Dec. 15, 2019.

FONDER

A service celebrating his life will be held Saturday, Jan. 11, at Robbins Brothers Funeral Home, Benton Harbor. The visitation begins at 10 a.m., followed by the funeral at 11 a.m. Those wishing to sign the guest book online may do so at www.robbinsbrothersfh.com.

Jhvone was born Feb. 2, 1996, in St. Joseph. He was formally educated in the Benton Harbor Area School system and worked as a cook at Texas Corral. As a child, Jhvone was outgoing. He made everyone laugh and he will be remembered for his beautiful smile, genuine heart and his soft, caring presence. Jhvone enjoyed playing video games. He had a love for music and dressing. He cared about his appearance.

Jhvone will be remembered in the hearts of his sons, Jhvone Jr., Jay'ce Fonder and Jayvione Fonder; mother, Koretta (Johnny Jr.) Anderson; sisters, Dominque (Willie) White and Amber (Travis Favorite) Allen; stepsisters, Tammy Anderson, Chantel Anderson and Teresa Anderson; stepbrothers, Johnny (Yasmine Walker) Anderson and Nichols Anderson; cousins, Keyoma Campbell, Ernie Rimpson, Marcas Purnell and Demetrius Barnett; and a host of nieces, nephews, aunts, uncles, cousins, family and friends.

Jhvone was preceded in death by brother, David Allen Jr.; stepbrothers, Davontae and Jaydin Anderson; grandparents, Mary Mahone and Robert Fonder Sr.; and aunt, Karolyn Bridges

Leonard C. 'Larry' Smith Jr.

Longtime Bainbridge Township Supervisor Leonard C. "Larry" Smith Jr. died Dec. 10, 2019, at Hanson Hospice Center after a brief battle with cancer. He was 86.

SMITH

A Celebration of Life Service will be held at 4 p.m. Saturday, Jan. 11, 2020, at Fairplain Presbyterian Church, 210 W. Napier Avenue, Benton Harbor. Visitation will be at the church, where friends may call from 2-4 p.m. prior to the service. Memorials may be made to the Hanson Hospice Center or Area Agency on Aging – Campus for Creative Aging. Friends wishing to send a condolence may do so at the guest book at www. starks-menchinger.com. Arrangements are entrusted to Starks & Menchinger Chapel.

He is survived by his wife, Pat; daughters, Kim Edinger of St. Joseph, Vicki VandenBerg of Grand Rapids and Laura Sparks of Boulder, Colo.; seven grandchildren: Kristin, Jaclyn, Emily, Anna, Hannah, Michael and Betsy; two great-grandchildren, Owen and Eva; and a sister, Sharon Pittman of Chicago.

He was preceded in death by his brother, David.

Martha A. Hamilton

Martha A. Hamilton, 94, of Dowagiac passed from this earth on Jan. 4, 2020, at Lakeland Medical Center in Niles.

HAMILTON

A Celebration of Life Service will be held at 11 a.m. Friday, Jan. 10, at Clark Chapel, 405 Center St., Dowagiac, with the Rev. Melanie Wallace of the Dowagiac Seventh-day Adventist Church officiating. Burial will follow at a later date in Hamilton Cemetery in Decatur. Friends may visit with the family from 5-7 p.m. Thursday at the funeral home. Memorial contributions in Martha's name may be made to St. Jude Children's Research Hospital or Dowagiac VFW Post 1855. Those wishing to sign Martha's memory book online may do so at www.clarkch.com.

Martha was born April 8, 1925, in Dowagiac, the seventh daughter of Joshua C. and Arie Christina (Pecher) Leach. She graduated from Watervliet High School, class of 1943, and on Aug. 5 she was married to Lyle H. Hamilton in Watervliet. A very energetic lady, Martha liked to stay busy. She worked as a waitress at the Gas Light, the Dowagiac Elks and Indian Lake Golf Course. Martha was a member of the VFW Auxiliary, where she served as both local and district president, the Dowagiac Moose Lodge, the Elks Lodge and the Eagles. In her free time, Martha enjoyed bowling, playing pitch at the Moose, crocheting afghans, going to the casino with her daughters and going out for breakfast whenever she was asked. She also enjoyed baking pies, pumpkin rolls and cookies. While wintering in Zephyrhills, Fla., she and Lyle enjoyed making clocks. After Lyle's passing, Martha took up golf, playing whenever she could.

Left to cherish her memories are: daughters, Carole (George) Hatter of Dowagiac, Sharon (Ken) Flowers and Bonnie Stanczyk of Niles; two sons, John Hamilton and Gary (Orlean) Hamilton, both of Dowagiac; 16 grandchildren; 18 great-grandchildren; three great-great-grandchildren; and numerous nieces and nephews.

Martha was preceded in death by her husband, Lyle; her parents; her daughter-in-law, Mary Hamilton; two grandchildren, Brandon Stanczyk and Andrea Nicole Hamilton; six sisters: Neva Brown, Doris Howe, Wanda Downey, Beryl White, Mildred Bailey and Lillian Leach; and her brother, Roger Leach.

Death notices

Rosalie Brindley, 80, of Paw Paw died Jan. 3, 2020, in Kalamazoo. Betzler Life Story Funeral Home, Paw Paw, 657-3870.

Jhvone K. "BoBo" Fonder, 23, of Benton Harbor died Dec. 15, 2019. Robbins Brothers Funeral Home, Benton Harbor, 927-3181.

Marjorie A. Gradeless, 99, formerly of Buchanan died Jan. 5, 2020. Hoven Funeral Home, Buchanan, 695-2363.

Dudley D. Gray, 93, of Crawfordsville, Ind., formerly of St. Joseph died Jan. 4, 2020, at Bickford Memory Care. Burkhart Funeral Home, Crawfordsville, (756) 362-5510.

Evelynn "Darlene" (Bishop) Grubb, 64, of Niles died Dec. 30, 2019, at Hanson Hospice Center, Stevensville. Hoven Funeral Home, Buchanan, 695-2363.

Elsbeth Helling, 92, of St. Joseph died Jan. 3, 2020. Starks & Menchinger Chapel and Cremation Services, St. Joseph, 556-9450.

Velma Skelley, 86, of St. Joseph died Jan. 7, 2020, at home in Dowagiac. Starks & Menchinger Chapel and Cremation Services, St. Joseph, 556-9450.

Robert A. Vorel, 68, died Jan. 4, 2020, at home. Sommerfeld Chapel and Cremation Services, New Buffalo, 469-2233.

Sallie A. Woods-Johnson-Carr, 72, died Dec. 30, 2019, at home. Hoven Funeral Home, Buchanan, 695-2363.

Titanic wave of star-forming gases found in Milky Way

By MARCIA DUNN
AP Aerospace Writer

CAPE CANAVERAL, Fla. — Astronomers have discovered a titanic wave of star-forming gases practically right under our noses in the Milky Way.

Harvard University scientists reported Tuesday that this massive structure has been hiding out in the Milky Way galaxy's spiral arm closest to Earth.

The researchers were building a 3-D map of our galaxy's interstellar matter, using a star census gathered by Europe's Gaia spacecraft when they spotted the wave-shaped structure.

It's an astounding 50 quadrillion miles long and it's home to tens of thousands of baby stars, with the potential for countless more stellar births, according to the paper published in the journal Nature.

All these stellar nurseries, or star-forming blobs of gas, are interconnected, according to Harvard's Catherine Zucker. Together, they form this wavy, gassy filament, why this shape is still a puzzle.

The sun is just 500 light years away from the wave at its closest point, according to lead author Joao Alves.

The team was shocked by the discovery. No one expected "we live next to a giant, wave-like collection of gas – or that it forms the local arm of the Milky Way," Harvard's Alyssa Goodman said in a statement.

What's more, the structure dubbed Radcliffe Wave – after a Harvard institute – contains stellar nurseries once thought to belong in a ring-shaped band around the sun. The wave contains gases equivalent to 3 million times the mass of the sun.

"It has completely transformed our understanding of our galactic `neighborhood,' " Zucker said in an email. It "has been right in front of our noses ... for millions of years, but we could not see it clearly until now."

Launched in 2013, the Gaia spacecraft has measured the distances to close to 1 billion stars in our galaxy, providing a precious, colossal data base for uncovering huge structures like the Radcliffe Wave, according to scientists.

Zucker said by charting the 3-D positions of nearby stellar nurseries, "we have finally been able to see our corner of the Milky Way in a new light, revealing this gigantic wave before us."

The wave was invisible in 2-D, requiring new 3-D mapping techniques to be detected, the researchers said at the American Astronomical Society's meeting in Hawaii.

The next step, she said, is to figure out its origin and determine whether there are more massive waves lurking out there.

Do you remember?

25 years ago – 1995

Romance filled the air on a snowy day as John Blahnik of Benton Township found a unique way to propose to his sweetheart, Michele Longenbarger of Stevensville.

Flight instructor Milt Russell of St. Joseph piloted the couple in a single-engine plane from the Southwest Michigan Regional Airport Saturday afternoon. As they passed over a Galien farm on Olive Branch Road, Longenbarger looked down. Large black letters were carefully laid out in the snowy field, reading, "Michele will you marry me?" She said a surprised yes.

35 years ago – 1985

Last night St. Joseph City Manager William Sinclair said part of the old C&O railroad station could be converted into a restaurant and additional space leased to civic groups under a plan to breathe new life into the station. But the idea is contingent on the city obtaining ownership of the depot from C&O and receiving funds for the project from MDOT.

50 years ago – 1970

Dr. Charles Payne, Benton Harbor psychiatrist, announced that he is now located in St. Joseph at 2724 Niles Ave. His office was formerly located on Pipestone in Benton Harbor.

Dr. Payne's new office is in the space formerly occupied by the Memorial-Mercy Joint Fund campaign headquarters. With the conclusion of the recent highly successful fund campaign, the office has been closed.

Today in history

By THE ASSOCIATED PRESS

Today is Wednesday, Jan. 8, the eighth day of 2020. There are 358 days left in the year.

Highlight in history:

On Jan. 8, 1815, the last major engagement of the War of 1812 came to an end as U.S. forces defeated the British in the Battle of New Orleans, not having gotten word of the signing of a peace treaty.

On this date:

In 1918, President Woodrow Wilson outlined his Fourteen Points for lasting peace after World War I. Mississippi became the first state to ratify the 18th Amendment to the Constitution, which established Prohibition.

In 1935, rock-and-roll legend Elvis Presley was born in Tupelo, Mississippi.

In 1964, President Lyndon B. Johnson, in his State of the Union address, declared an "unconditional war on poverty in America."

In 1973, the Paris peace talks between the United States and North Vietnam resumed.

In 1982, American Telephone and Telegraph settled the Justice Department's antitrust lawsuit against it by agreeing to divest itself of the 22 Bell System companies.

In 1987, for the first time, the Dow Jones industrial average closed above 2,000, ending the day at 2,002.25.

5-Day Forecast for St. Joseph

Today	Tonight	Thursday	Friday	Saturday	Sunday
Mostly Cloudy	Mostly Cloudy	Rain & Snow Possible	Rain Likely	Rain & Snow Likely	Mostly Cloudy
26°	18°	45° / 35°	46° / 37°	39° / 26°	34° / 28°

Local Outlook

Today we will see mostly cloudy skies with a slight chance of snow showers, high temperature of 26°, humidity of 59%. West northwest wind 2 to 18 mph. Expect mostly cloudy skies tonight with an overnight low of 18°. East southeast wind 1 to 17 mph.

Sun and Moon

Sunrise ..... 8:13 a.m.
Sunset ..... 5:30 p.m.
Moonrise ..... 3:40 p.m.
Moonset ..... 6:04 a.m.

Full	Last	New	First
1/10	1/17	1/24	2/1

Local Almanac

Benton Harbor Yesterday

Temperature

High ..... 43°
Low ..... 27°
Normal High ..... 31°
Normal Low ..... 16°
Record High ..... 65° in 2008
Record Low ..... -15° in 2014

Precipitation

Yesterday ..... 0.00"
Month to date ..... Trace
Normal for month ..... 0.38"
Year to date ..... Trace
Normal Year to date ..... 0.38"

Air Quality

Yesterday 39
Main Offender ..... Particles

The higher the number, the greater the need for people with respiratory problems to reduce outside activity.

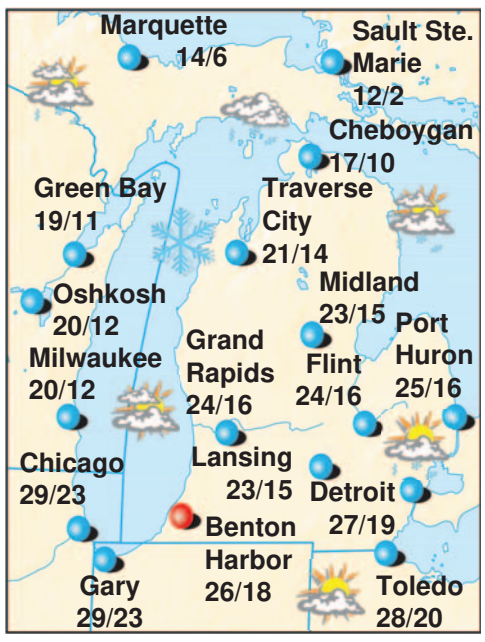
0-50 ..... Good
51-100 ..... Moderate
101-150 .... Sensitive
151-200 .. Unhealthy

Weather Trivia

Do tornadoes occur in January?

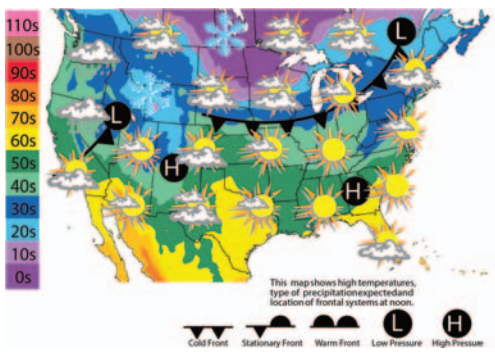
Answer: Yes, the average year sees 47 tornadoes in its first month.

Regional Map



National Weather Map

Forecast map for Jan. 8, 2020



For latest weather updates: **www.UpdatedWx.com/HP**

Lake Michigan

Today, NW wind 18 to 23 kt decreasing to 5 to 10 kt. A slight chance of snow showers. Widespread freezing spray. Waves 9 ft subsiding to 5 ft. Water temperature 37 degrees.

Michigan Forecast

Upper Peninsula

Today, skies will be mostly cloudy with widespread snow showers, highs in the 10s and 20s. Northwest wind 7 to 19 mph. Expect cloudy skies Thursday with widespread rain and snow, highs in the 30s. Southeast wind 13 to 17 mph.

Lower Peninsula

Today, skies will be partly cloudy with isolated snow showers, highs in the 20s. West northwest wind 2 to 18 mph. Expect cloudy skies Thursday with scattered rain and snow, highs in the 30s and 40s. South southeast wind 19 mph.

LORY'S PLACE

From page A1

some grieving adults have always relied on their deceased partner.

"Our vision is for a coffee house atmosphere, somewhere adults feel comfortable dropping by," Kohler said. Peer support groups will continue on Tuesdays and Thursdays, but the expanded space will allow for things like family meals, guest speakers and game nights, she added.

"We want this to be a community effort," Kohler said.

The capital campaign for the expansion kicked off in December 2019. Past and present donors were invited to an open house and Juli and KC Gast, expansion project co-chairs, introduced the campaign. The space adjoining the existing offices had been vacated, and a couple who wish to remain anonymous purchased the property for $240,000 and gifted it to Lory's Place. Then, Kohler said, Ron Schults donated $35,000 toward renovating the space. But an additional $225,000 was still needed to complete the project.

Don Campbell / HP staff

Trisha Pickett, bereavement and donor support coordinator at Lory's Place, works at her desk Tuesday morning. Expansion work is expected to start soon at the organization's St. Joseph office.

Kohler said the campaign kickoff brought in additional money from some pacesetter donors, and now the total stands at a little over $380,000 toward the $500,000 needed to complete the project. The remodeling will get underway soon and the hope is to complete the project and open the new space by late May.

With the expanded space, Lory's Place will need more volunteers. Anyone interested in donating to the project or volunteering is asked to call Kohler at 983-2707. For more information visit lorysplace.org/expansion.

Contact: jswidwa@TheHP.com, 932-0359, Twitter: @HPSwidwa

ODENWALD

From page A1

He noted that being a college president has been his goal for half of his life, even when he didn't know the route he'd take to get there. Now 37, he said his undergraduate experiences at Louisiana College, including meeting the college president during his first days on campus, served to inspire him to pursue college administration for his career.

"Growing up, my family didn't talk much about careers," he said. "My grandparents wanted me to be a minister and I looked very hard at it. But college opened up another way to serve humankind that fit my life."

"Dr. Rory Lee was the president and I talked to him at freshman orientation," Odenwald said. "He came up to me and said I looked lost and then he walked me to financial aid. It was a very nurturing place. From there I went on to get my graduate degree from Mississippi College, where I worked in the president's office. I was a young little sponge."

Odenwald would go on to positions at both Mississippi College and Louisiana State University before coming to SMC. It was the latter experience that convinced him he wanted to work at a smaller, more rural college and led him to apply for the SMC vice president job.

"When I got here, two things jumped out at me," he said. "The first was the college's motto of 'knowledge for all.' That captures everything I believe about education. The second thing was that SMC had residence halls. I don't think I would have come without that."

"A lot of the students here have similar backgrounds to me. I was a fourth generation farmer and first generation college student," he said. "In college, I met people from around the world. I wanted to be in a place where students have that opportunity. People can start here and go anywhere.

"When I went to college, I found it to be truly life changing," he said. "It not only meant financial security but it changed me personally. The faculty worked with me and helped me. I want to give that to all the kids like me who arrive a little bit anxious and scared and work through that to feel confident. That's my life mission."

Odenwald said coming to SMC was a "culture relief," rather than culture shock. "The faculty and staff here reminded me of Louisiana College where faculty spend most of their time teaching," he said. "Serving students is what makes these people tick. Culture shock was my first day at LSU."

Similarly, he said he really hasn't experienced "weather shock" coming from the South, although he admits last year's polar vortex was a little scary. "I spent most of my life desperate for winter," he said. "To me, it's exciting to watch the different seasons."

Odenwald said he has no more drive in terms of his career, and that SMC is where he wants to be. "This is where I want to spend the rest of my career. I'd be more than satisfied to spend the rest of my life here."

Along with settling into his new office on campus, he's been hard at work the last few months preparing for his new duties, including readying the college for reaccreditation next year and developing a new strategic plan he will present to the board in March. A big part of that plan will be his strategy to increase enrollment.

"The role of the president is about being the college's chief storyteller to talk about the good being done," he said. 'Then it's about making sure conditions are right for success. … The market for higher education is bearish, but I'm bullish on SMC."

IRAN

From page A1

Iran's Revolutionary Guard warned the U.S. and its regional allies against retaliating over the missile attack against the Ain al-Asad air base in Iraq's western Anbar province. The Guard issued the warning via a statement carried by Iran's state-run IRNA news agency.

"We are warning all American allies, who gave their bases to its terrorist army, that any territory that is the starting point of aggressive acts against Iran will be targeted," The Guard said. It also threatened Israel.

After the strikes, a former Iranian nuclear negotiator posted a picture of the Islamic Republic's flag on Twitter, appearing to mimic Trump who posted an American flag following the killing of Soleimani and others Friday in a drone strike in Baghdad.

Ain al-Asad air base was first used by American forces after the 2003 U.S.-led invasion that toppled dictator Saddam Hussein, and later saw American troops stationed there amid the fight against the Islamic State group in Iraq and Syria. It houses about 1,500 U.S. and coalition forces.

Two Iraqi security officials said at least one of the missiles appeared to have struck a plane at the base, igniting a fire. It was not immediately clear whether it was an Iraqi or U.S. jet. There were no immediate reports of casualties from the attacks, according to the officials, who spoke on condition of anonymity as they had no permission to brief journalists.

About 70 Norwegian troops also were on the air base but no injuries were reported, Brynjar Stordal, a spokesperson for the Norwegian Armed Forces told The Associated Press.

Trump visited the sprawling Ain al-Asad air base, about 100 miles or 60 kilometers west of Baghdad, in December 2018, making his first presidential visit to troops in the region. He did not meet with any Iraqi officials at the time, and his visit inflamed sensitivities about the continued presence of U.S. forces in Iraq. Vice President Mike Pence also has visited the base.

Iranian state TV said the Guard's aerospace division that controls Iran's missile program launched the attack, which it said was part of an operation dubbed "Martyr Soleimani." Iran said it would release more information later.

The U.S. also acknowledged another missile attack on a base in Irbil in Iraq's semiautonomous Kurdish region.

"As we evaluate the situation and our response, we will take all necessary measures to protect and defend U.S. personnel, partners and allies in the region," said Jonathan Hoffman, an assistant to the U.S. defense secretary.

Wednesday's revenge attack happened a mere few hours after crowds in Iran mourned Soleimani at his funeral. It also came the U.S. continued to reinforce its own positions in the region and warned of an unspecified threat to shipping from Iran in the region's waterways, crucial routes for global energy supplies. U.S. embassies and consulates from Asia to Africa and Europe issued security alerts for Americans. The FAA also warned of a "potential for miscalculation or mis-identification" for civilian aircraft in the Persian Gulf amid in an emergency flight restriction.

A stampede broke out Tuesday at Soleimani's funeral for a top Iranian general slain in a U.S. airstrike, and at least 56 people were killed and more than 200 were injured as thousands thronged the procession, Iranian news reports said.

Tuesday's deadly stampede took place in Soleimani's hometown of Kerman as his coffin was being borne through the city in southeastern Iran, said Pirhossein Koulivand, head of Iran's emergency medical services.

LIVESTOCK

From page A1

owners who violate provisions of the ordinance can be prosecuted.

"This is a way for us to better enforce (livestock ownership within city limits). I think it's time to put it on the books," Mayor Scott Smith said.

However, some residents oppose the idea of allowing any livestock in town. Period. And they voiced their opinions during a public hearing Monday.

"What this is proposing is to allow animals not commonly kept within your house," said Mary Lynn Bugge. "They have excrement and make noise. ... I think it's lovely to visit farms, but I chose to live in an area that has properties close together. If I wanted to live next to a farm I would."

Bugge and another resident, Pat Gaston, also questioned whether violators of the ordinance would be properly dealt with.

"We put regulations out there but don't seem to have the personnel to monitor and enforce this," Gaston said.

Resident Joe Wilkins believes allowing livestock in his neighborhood could bring down property values if people were actually trying to raise livestock, versus owning them as pets.

But other residents said they have no problem with the new livestock ordinance.

"I'm in favor of this ordinance," said Danielle Veenstra. "I lived in Grand Rapids years ago. There was a huge controversy over people having chickens. Most neighbors were not even aware someone had chickens."

Council member Chris Campbell commented that a friend he knows owns a duck.

"My daughter loves ducks. Give her a puppy, she doesn't care," he said.

hp LOCAL

'Tis the Season for Employment
Michigan Works! can help you find or start a new career.
More info: 1-800-285-WORKS miworks.org
MICHIGAN WORKS! Berrien • Cass • Van Buren

Benton Harbor schools

State will fund evaluation of BHAS building needs

By LOUISE WREGE
HP Staff Writer

BENTON HARBOR — Several buildings owned by Benton Harbor Area Schools will be professionally evaluated in the next two weeks, with the Michigan Department of Treasury paying the bill.

Deputy State Treasurer Joyce Parker, who chairs the BHAS Community Engagement Advisory Committee, said after Monday's meeting that one of the subcommittees is looking into the condition of the district's buildings and grounds.

"Because it's such a technical area, we really felt a need to have someone work with us putting together that part of the assessment," she said.

Plante Moran Cresa was hired to evaluate the 10 buildings the school district is using. Paul Wills, a partner with the company, said his team will have a rough draft ready in time for the committee's work session on Jan. 23. He said that draft will include the condition of the buildings and will prioritize building needs.

"Where are those critical needs that need to be taken care of immediately," he said. "If a roof is leaking, that's something we would consider to be immediate."

He said the report will include estimates on how much it would cost to fix the buildings.

Some committee members asked if he could also evaluate some of the buildings not being used.

Wills said that can be done, but it is usually expensive. If a building has been vacant for two years, he said the state requires it to be brought up to code, which is usually cost prohibitive.

He said his team can provide options, such as demolition costs and the cost for redevelopment.

The advisory committee was created in October by the school district and the state's Department of Treasury and Department of Education as a way to put together an assessment of the school district by the end of January and create a viable operating plan by the end of March.

State officials suggested last May that Benton Harbor High School be closed at the end of the current school year to help the district with its high debt and decreasing enrollment and test scores. But after almost three months of tense negotiations, state officials hit the reset button and offered to help form and pay for the advisory committee.

Parker said four subcommittees have been meeting regularly to prepare their part of the assessment report. Committee members will meet at 10 a.m. Jan. 23 for a work session to put the report together.

"The assessment report will be a compilation based on the work that the subcommittees have done," she said. "But in order to get to that final report, there's a need to really evaluate the subcommittee reports in more detail to identify areas where there's some correlation between one subcommittee and another to get those issues resolved."

If the high school's library is unavailable for the meeting, she said they will find another location.

Parker said she is uncertain if the assessment report will be released when it is done, because it is part of the larger report that is due in March.

School board trustees have signed three agreements with the Department of Treasury and/or MDE since 2014 due to the district's high debt and students' persistently low scores on state standardized testing. During that time, the district's debt rose from $15.5 million to $18.4 million.

The last of those agreements was dissolved on June 30 due to changes in state law.

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Beautiful walk

Don Campbell / HP staff

Two women stroll past the sculpture "Threaded" by Isaac Duncan on Tuesday afternoon along Silver Beach in St. Joseph. The stainless steel sculpture is part of the Krasl Art Center's Biennial Sculpture Invitational.

Van Buren County District Court

Attorney asks for competency exam in Bangor cold case

By ALEXANDRA NEWMAN
HP Staff Writer

SOUTH HAVEN — The man accused of killing Wilda Wilkinson in 1986 will take a competency exam before hearings in his case are conducted.

A court secretary said Tuesday that Robert James Waite's attorney filed paperwork for Waite to take a competency exam, so his probable cause and preliminary hearings have been delayed.

The hearings, in South Haven District Court, were rescheduled to May 6 and 13.

Waite, 50, was charged last June with one felony count of homicide-open murder.

WAITE

He waived extradition from Florida in November, where he was serving a prison sentence for an unrelated crime.

Wilkinson's daughter found her strangled mother in 1986. A nurse's aide at South Haven Community Hospital at the time, Wilkinson, 59, was divorced and lived alone in Bangor.

The case went cold until new DNA information was brought forward last year.

Waite remains in the Van Buren County Jail.

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Benton Harbor OKs almost $15 million in water/sewer work

By LOUISE WREGE
HP Staff Writer

BENTON HARBOR — Almost $15 million in water and sewer work should start in August now that Benton Harbor city commissioners gave final approval Monday for the project.

The work will be partially paid for by low-interest loans from two state programs – the Drinking Water Revolving Loan Fund (DWRF) for the water projects and the State Revolving Loan Fund (SRF) for the sewer projects, according to Chris Cook, president of Abonmarche, the city's engineering firm.

He said it will cost the city about $15,000 a month for 30 years to pay back the loans.

In addition, Cook said the package includes $1.4 million in loan forgiveness. Work will be done on the water tower on Britain Avenue and on segments of Pipestone and Maple streets, along with sections of Michigan, Benton and Wall streets and of Highland and Vineyard avenues. The project is expected to be completed in 2021.

Commissioner Mary-Alice Adams said she was concerned about the city taking on the debt before commissioners hire a financial director.

"I don't think this is the time for Benton Harbor to be taking up a $14 million loan," she said, citing that the city just got back local control on July 1, 2017, after being under some sort if state oversight for the previous seven years.

Interim City Manager Ellis Mitchell said the water tower is a vital part of the city's water system and if it isn't fixed, it will continue to deteriorate.

"It's on this agenda because I've done my work and believe and know the tower needs to be fixed, and we have the funds to take care of it through the process that was presented," he said.

Mayor Marcus Muhammad said the city's water and sanitary sewer infrastructure dates back to the early 1900s. He said it would be a catastrophe if the tower failed.

"It could affect the whole city, so it's very important that we get that tower repaired or fixed," he said. "There's a high probability of failure and service disruption."

Commissioners approved the project with an 8-1 vote. Third Ward Commissioner Juanita Henry was the only

See COMMISSION, page B2

Benton Harbor schools

New BHAS superintendent Townsel to start Feb. 17

By LOUISE WREGE
HP Staff Writer

BENTON HARBOR — "It's official like a whistle," Benton Harbor school board President Joseph Taylor said Tuesday about Andrae Townsel being hired as the district's new superintendent.

Trustees approved his contract Tuesday after naming him as their candidate on Dec. 16.

Townsel's first day will be Feb. 17. Taylor said his salary will be $168,000 a year.

"I'm very humbled and honored for the opportunity. Very, very excited to get started," Townsel said.

He said he was waiting until the contract was approved before giving the required 30-day notice to his current school system, Wayne-Westland Community Schools in Westland, Mich., where he is the assistant superintendent of support services.

TOWNSEL

Even though he's not officially starting until February, Townsel said he is meeting with state officials Thursday to talk about what the school district needs to do to address its high debt and low student achievement on state standardized tests.

Taylor said residents need to realize that the fight to keep Benton Harbor High School and the district open is not over.

Said Taylor: "This fight is

See BOARD, page B2

Eau Claire Schools

David Krugh takes over as board president

By DEBRA HAIGHT
HP Correspondent

EAU CLAIRE — There's a change in leadership on the Eau Claire school board after action by board members Monday night.

Superintendent Ann Shell reports that David Krugh is the new board president for the 2020 year. He succeeds Greg Chisek, who is now the board secretary – the post Krugh had held for the last few years.

Other board officers remained the same from past years. Darrell Ferguson is the board vice president and Anita Harner is treasurer.

Krugh was appointed to the school board in 2010 and elected to a partial two-year term later that year.

KRUGH

He was last re-elected in 2016 to a new four-year term and will be up for re-election in November.

Others up for re-election this year are Chisek, John Glassman and Kelly Blankenship. Blankenship was appointed to the board last year to fill the vacancy left when Dave Dustin did not run for re-election in 2018. That term will be a partial two-year term while the other three terms are for four years.

Shell said Monday's organizational meeting also featured routine matters such as approving board by-laws, establishing committees, appointing board representatives to county and regional organizations, designating institutions for the depositing of school funds and approving board counsel.

The school board will continue to meet on the first and third Mondays of each month, with the first meeting of the month being a work session and the second a regular meeting. Meetings will start at 7 p.m. in the high school media center from November through May, and then at 8 p.m. from June through October.

Board members continued setting their compensation rate at $20 per meeting. The board had foregone compensation for period of time in 2018 in light of budget concerns. The $20 per meeting rate is the same as last year, but less than the $45 per meeting rate it had been prior to 2018.

The meeting also featured action on one hiring and one resignation. Morgan Ingle is the new middle/high school art teacher, replacing Mary Broccolo-Derr, who retired. Middle school teacher Jacob Lenz has resigned.

The organizational meeting was followed by a work session which featured reports from district administrators and a discussion of a proposal to install card scanners on district copy machines to help cut down waste. It is expected to be voted on at the board's Jan. 20 meeting.

Bridgman

Bridgman plans Polar Party in February

Council hears year-in-review reports

By JANET HAYES
HP Correspondent

BRIDGMAN — During its annual year-in-review meeting Monday, the Bridgman City Council announced plans for a new upcoming event.

The council approved plans for the first Polar Party, which will be on Friday and Saturday, Feb. 7-8. It is planned as a family-focused fundraiser for the Bridgman Foundation for Educational Excellence. The inaugural event is the result of cooperation among the city, Bridgman school district and the Community Growth Alliance and the Foundation, according to council member Linda Gedeon-Kuhn, who is also a foundation board member.

Beginning with a school-sponsored fun night with games on Friday, the Polar Party will be centered in a large igloo tent. It will continue on that Saturday from 3-9 p.m. with a disc jockey, band, local breweries and wineries, food vendors and a mix of children's games and

See BRIDGMAN, page B2

Berrien Springs

Village hears detailed marketing presentation

By DEBRA HAIGHT
HP Correspondent

BERRIEN SPRINGS — A new marketing plan that could cost up to $32,500 a year and include a revamped website and greater social media presence was presented to Berrien Springs Village Council members this week.

Meagan Francis and Dave Krock of Sunset Coast Media were on hand to make their presentation to the full council after earlier meeting with the council's public properties and ordinance committee. Council members welcomed the duo's ideas, but did not commit to a contract.

Francis said that Berrien Springs is missing out on media and social coverage by not having a strong enough website. "You need a stronger social media presence and website," she said. "You also need better branding with a logo and slogan."

She said their company's plan would build the village's presence "from the ground up" by developing a professional website and Facebook page. The plan would also include more "content" with the company providing original posts about businesses, activities and people in the village.

"This is a digital plan that builds on itself and can be used into the future," she said. "You can tell your story the way you want to tell it. … We would provide different content from other media outlets to get your messaging out there."

She said part of the company's contract with the village could include feeding content from their website to the village's website and social media accounts. "By tapping into the power of searchable content and targeted social, we can tell Berrien Springs' story our way and reach a larger audience of potential visitors, shoppers, diners and more," she said.

Francis gave an overview of three plans the company is offering that can be built upon each other in a tiered approach. She noted that their www.sunsetcoastmichigan.com website has reached more than 100,000 people since July, with a search traffic growth of 102 percent a month and a page view per visitor increase of 53 percent a month.

The company's basic plan would include creating a logo and slogan, provide consistent messaging about what the village has to offer, create a content strategy and create Berrien Springs Facebook and Instagram accounts over six months, at a cost of $11,500.

The second tier option would cost $23,500 for a year with hosting and domain costs extra, and include all of the basic plan plus a new website incorporating the logo and slogan, 24 content articles and 24 Facebook posts to promote the articles.

The third tier plan would include everything in the first two tiers and cost $32,500 a year, except for hosting and domain costs a year. It would include a guarantee of two articles a month on the Sunset Coast website, aggregating Sunset Coast articles into the Berrien Springs website, plus the promotion of village social posts and events on the Sunset Coast website.

Village President Milt Richter said he liked the ideas presented. "I think we're on the right track," he said. "We've made improvements and if we can keep on growing, we will be in good shape."

Some expressed concern about what effect the plan, if implemented, would have on local and area newspapers. Francis noted that her hope is to have all different media outlets work together. "We can give everyone more eyeballs," she said.

Village Clerk Sheri Kesterke raised another concern, namely that the village as a municipality can't talk about or promote specific businesses.

Arnold named South Haven mayor pro-tem

By HP STAFF

SOUTH HAVEN — The city has a new mayor pro-tem.

ARNOLD

City council members voted unanimously Monday to name new council member Jeff Arnold to the position. He replaces Clark Gruber, who was term-limited and could not run for re-election last November.

Arnold, 51, isn't exactly a newcomer to city government. He served on the city council previously and also was former chairman of the city's harbor commission and parks commission. He now serves on the South Haven Housing Commission and the zoning board of appeals and is an instructor at South Haven High School.

Monday night's meeting also marked the swearing in ceremony for Mayor Scott Smith and council members Steve Schlack, Letitia Wilkins and Arnold.

All four are beginning new terms of office following the November election. Smith was re-elected to serve his second two-year term. Schlack and Wilkins were re-elected to begin another four-year term, while Arnold was elected to begin a four-year term.

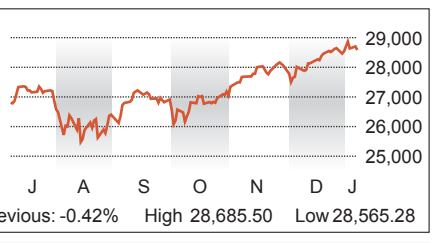
Miss/Mr. Watervliet contest on Sunday

Photo provided / Tena's Photography

Six young women and three young men will compete Sunday for the titles of Miss and Mr. Watervliet, respectively. The event starts at 3 p.m. at Watervliet High School auditorium. Tickets will be on sale at the door for $20, or people can email the Watervliet Pageant Organization at watervlietpo@gmail.com for further ticket information. The women are, front row, from left, Adriyanna Winters, Emma Morris and Sophia Warsko. Second Row: Meghan Klann, Sophia Tavolacci and Allison Eisen. The men are, from left, Dylan Tucker, Alex Isbrecht and Augustus Hinch.

Markets

Jan. 7, 2020
Dow Jones industrials
-119.70
28,583.68



Pct. change from previous: -0.42% High 28,685.50 Low 28,565.28

Jan. 7, 2020
Nasdaq composite
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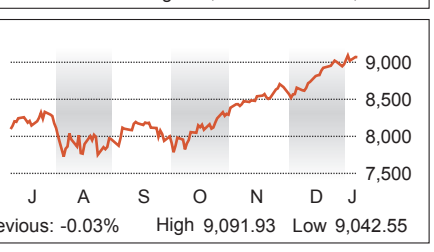
9,068.58



Pct. change from previous: -0.03% High 9,091.93 Low 9,042.55

Amer Elec Power AEP
$93.69 **+.33 +.4%**
▲ **4-wk.** +1.9% ▼ **YTD** -.9%

Whirlpool WHR
$147.34 **+1.42 +1.0%**
▲ **4-wk.** +2.0% ▼ **YTD** -.1%

Local Stocks

NAME	TICKER	52-WK RANGE LO	HI	CLOSE	CHG	%CHG	WK	MO	QTR
AT&T Inc	T	28.92	39.70	39.25	+.15	+0.4	▲	▲	▲
AEP	AEP	72.95	96.22	93.69	+.02	...	▲	▲	▼
Apple Inc	AAPL	145.90	300.60	298.39	-1.41	-0.5	▲	▲	▲
AutoZone	AZO	803.28	1274.41	1145.38	-20.33	-1.7	▼	▼	▼
BP PLC	BP	35.73	45.38	39.43	-.42	-1.1	▲	▲	▲
CMS Eng	CMS	48.79	65.31	62.27	-.32	-0.5	▼	▲	▼
CocaCola	KO	44.42	55.92	54.25	-.42	-0.8	▼	▲	▼
Comcast	CMCSA	34.67	47.27	44.93	+.47	+1.1	▲	▲	▼
Deere	DE	132.68	180.48	173.74	-3.07	-1.7	▼	▲	▲
Disney	DIS	107.32	153.41	145.70	+.05	...	▼	▼	▲
DollarTree	DLTR	88.26	119.71	91.93	-1.10	-1.2	▼	▲	▼
ExxonMbl	XOM	66.31	83.49	70.29	-.58	-0.8	▼	▲	▲
FifthThird	FITB	24.17	31.64	29.85	-.34	-1.1	▼	▼	▼
1stSource	SRCE	41.88	53.42	50.60	-.59	-1.2	▼	▼	▼
FordM	F	8.16	10.56	9.25	+.09	+1.0	▲	▲	▼
GenElec	GE	7.65	12.21	12.05	-.09	-0.7	▲	▲	▲
HomeDp	HD	172.00	239.31	218.52	-1.44	-0.7	▼	▲	▲
HorizBcp	HBNC	15.21	19.48	18.53	-.13	-0.7	▼	▼	▼
HuntBncsh	HBAN	12.15	15.63	14.41	-.16	-1.1	▼	▼	▼
IDEX	IEX	130.00	173.95	170.81	-2.13	-1.2	▼	▲	▼
IBM	IBM	119.76	152.95	134.19	+.09	+0.1	▼	▲	▲
JPMorgCh	JPM	98.09	141.10	135.88	-2.35	-1.7	▼	▲	▼
JohnJn	JNJ	125.00	147.84	144.98	+.88	+0.6	▲	▲	▼
Lowes	LOW	90.23	121.46	119.63	-.72	-0.6	▬	▲	▼
McDnlds	MCD	173.41	221.93	202.63	+.30	+0.1	▲	▲	▲
Microsoft	MSFT	100.98	160.73	157.58	-1.45	-0.9	▼	▲	▼
MillerHer	MLHR	31.27	49.88	41.22	-.75	-1.8	▼	▼	▼
Penney	JCP	0.53	1.92	1.18	+.06	+5.4	▲	▲	▲
Perrigo	PRGO	40.68	57.50	49.96	+.68	+1.4	▬	▼	▼
Pfizer	PFE	33.97	44.56	38.75	-.13	-0.3	▼	▲	▼
ProctGam	PG	89.08	126.60	121.99	-.76	-0.6	▼	▼	▼
RepubSvc	RSG	73.53	90.64	90.13	-.47	-0.5	▼	▲	▲
Steelcse	SCS	14.45	23.02	20.04	-.09	-0.4	▼	▲	▼
Stryker	SYK	157.43	223.45	209.62	-2.60	-1.2	▬	▲	▼
TCF Finl	TCF	35.96	47.71	45.65	-.35	-0.8	▼	▲	▼
Target	TGT	67.17	130.24	123.80	+.22	+0.2	▼	▼	▼
TractSupp	TSCO	82.03	114.25	90.01	-1.64	-1.8	▼	▼	▼
UPS B	UPS	92.65	125.31	116.00	-.20	-0.2	▼	▼	▼
VerizonCm	VZ	52.28	62.22	59.60	-.67	-1.1	▼	▼	▼
WEC Engy	WEC	67.80	98.19	90.96	-.35	-0.4	▼	▲	▼
WalMart	WMT	93.11	125.38	116.56	-1.09	-0.9	▼	▼	▼
WalgBoots	WBA	49.03	74.95	59.29	-.30	-0.5	▲	▲	▲
Wendys Co	WEN	15.66	22.84	21.96	-.18	-0.8	▼	▲	▼
Whrlpl	WHR	114.00	163.64	147.34	+.05	...	▲	▲	▼
Worthgtn	WOR	33.18	44.69	40.86	-.31	-0.8	▼	▲	▼
XPO Logis	XPO	45.73	86.47	77.51	+.58	+0.8	▼	▼	▼

COMMISSION

From page B1

one voting against it. She said some residents in her ward have had water in their basements and other problems for years, but none of the work is slated to be done in her ward.

Commissioners approved the application for the project in April.

City manager search

In addition, commissioners on Monday approved asking the top two candidates out of 10 applications for the city manager position to come in for interviews.

The two finalists were Mitchell and Elke Doom, who lives in the Detroit area and accepted a job as city manager of Eastpointe in December.

When contacted after the meeting, Doom said she is no longer available for the Benton Harbor position.

"Best of luck to Benton Harbor as they move forward with their next city manager," she said in an email.

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BRIDGMAN

From page B1

entertainment. Staged in the municipal parking lot, the igloo will be surrounded by fire pits and heaters to keep guests warm.

The council also heard Public Services Director Tim Kading's plan to fix the three "gushers" identified during the assessment of the city's sewer system, done by Wightman. Kading said he had received an estimate of $13,000 to fix the three worst spots where groundwater is leaking into the city sanitary sewer system at the rate of three to four gallons per minute, amounting to "money down the drain," he said. Kading added that he will redirect money he had budgeted for manhole rehabilitation and work will begin shortly.

Also on Monday Police Chief Daniel Unruh reviewed 2019. He said department complaints/calls for service totaled 1,930 during 2019, up from 1,864 in 2018. He added that arrests were up slightly to 244, from 231. Unruh noted that narcotics activity was drastically down due to the legalization of marijuana, but he said the drugs they found are the more harmful ones.

Unruh also "strongly recommended" continuing the assignment of an officer to Weko Beach, which last season resulted in 107 parking tickets, aided in the enforcement of the new dog ordinance and generated many favorable comments from the public and the staff.

Fire Chief Joel Buist presented a breakdown of the causes of its 185 incident calls, with 65 percent of them for rescue and emergency service, 11 percent for hazardous conditions and 5 percent for fires, the same number as false alarms. He called attention to the "pretty impressive" total of 1,143 volunteer hours put in by the force, as well as attaining an ISO rating of 3, one of only two in the Berrien County with that rating.

Buist also updated the council on the progress of the training facility being developed jointly with Lake Township and the Cook Nuclear Plant fire brigade. Located at the city's sewer ponds property, portable shipping containers on concrete footings will be used for training in search and rescue, forcible entry, roof ventilation and many more types of simulations. A school bus, donated by Bridgman Area Schools, also will be used for school bus evacuation training.

City Manager Juan Ganum ended the year-in-review by giving his report that listed monthly highlights. He said he was proud of what had been accomplished during the year, ending with the major water and sewer rate increase in November, and thought the staff was off to a good start for 2020. To lay the groundwork for strategic planning, he asked council members to return the questionnaire he distributed dealing with the city's focus for the future.

BOARD

From page A1

just beginning."

He said the district is working well with people from the governor's office and the state Department of Treasury to create the best educational system possible in the district.

"At the same time, we always have to be mindful," Taylor said. "We have to make sure we correct our corrective actions and look out for what's necessary. We just got to be the best board we can be for this year."

Trustees also elected Taylor to continue as board president, Michelle Crowder to stay as vice president and Patricia Rush to continue as secretary. Lue Buchana was elected treasurer to replace Denise Whatley-Seats, who is staying on as a trustee.

RESA contract

In addition, Taylor said the district needs to work as quickly as possible to get out of the "crazy" Berrien RESA contract. The district currently contracts with Berrien RESA for a chief operating officer and for payroll and accounts payable services.

He pointed out that Chief Operating Officer Troy Boone was not at Tuesday's meeting.

"How many times has he been at this table for board meetings?" Taylor said.

He said that part of the contract will be terminated "pronto."

"We're paying them over $100,000 when we can buy our own person to do the job," he said.

Taylor said that on Saturday, he had to check a report of a suspected leak at one of the district's vacant buildings.

"That's not my job, but I'm here because I love the school, and I do the work so I don't mind going over there with a flashlight," he said. "But when you pay a person ... over $100,000 to do it, I think they should do their job."

District staff said they need at least three months to work with Berrien RESA to transfer the payroll and accounts payable to the district.

After the meeting, Taylor said the contract with Berrien RESA is not enforceable because Bob Herrera didn't sign it when he was the superintendent.

"We've been trying to get out of this contract forever," he said. "You have to remember that the only reason we're in a contract with Berrien RESA is because the state made us when we were under the consent agreement."

School board trustees have signed three agreements with the Department of Treasury and/or MDE since 2014 due to the district's high debt and persistently low student test scores.

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Triple the Love!

These 3 beautiful ladies are around 5 months old. They are all DLH, Calico mixes. They are a little on the shy side but once they warm up to someone they are really sweet and love to play. Stop by and meet them today!

Humane Society
YEAGER FAMILY PET SHELTER
Tues, Thurs, Fri 12-5; Wed 12-6; Sat 11-1; closed Sun and Mon.
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hp FOOD

Two recipes from holiday gatherings

I hope everyone had a great holiday season, and that 2020 is a happy and healthy year for all.

For me, the holidays were busy. I had about 20 people over for dinner on Christmas Eve, including relatives I don't typically see much during the year, so it's always fun to catch up. I also attended several get-togethers.

Jane Ammeson

As always, I collected recipes for the good things I ate and drank, including limoncello – a traditional Italian after-dinner drink made with lemon zest soaked in vodka and mixed with sugar syrup so it has a sweet-tart flavor after it has aged (I put mine in the closet).

Often, recipes recommend using Meyer lemons, which are bigger, sweeter and have a lighter floral fragrance than the typical lemons we buy, but any lemon will work. Or, substitute limes or oranges.

The recipe can be doubled or tripled, and the bottles given away as presents.

The recipe my friends used came from "Food Swap: Specialty Recipes for Bartering, Sharing & Giving" by Emily Paster, a cookbook I already had, but I'd never paid attention to the limoncello. It made me realize I need to go back and re-read my cookbooks. Who knows how many gems I've missed.

I also scored a recipe for an Italian stew with olives and artichokes. The original, which I loved, uses chicken thighs, but I decided to splurge and try shrimp in the version I made.

The other ingredients include olives, Yukon Gold potatoes and artichokes, which are an interesting and tasty combination. You can serve it as a soup or stew, or cook down the sauce and use it as a topping for pasta, gnocchi or rice.

Italian Chicken Stew with Olives and Artichokes

1 pound boned, skinned chicken thighs, rinsed and patted dry
2 tablespoons flour
1 1/2 teaspoons salt, plus more to taste
1 1/2 teaspoons pepper, plus more to taste
2 tablespoons olive oil
2 large garlic cloves, minced
1 tablespoon capers, drained and minced
Zest and juice of 1 lemon
1/2 cup dry white wine
1 3/4 cups chicken broth
1 pound Yukon Gold potatoes, cut into 3/4-inch cubes
1 (8-ounce) package thawed frozen artichoke hearts, quartered if large
1 cup flat-leaf parsley, finely chopped
1 cup green olives, pitted
Lemon wedges

Cut each chicken thigh into 2 or 3 chunks. In a resealable plastic bag, combine the flour, salt and pepper. Add chicken, seal, and shake to coat.

Heat oil in a large pot over medium-high heat. Add chicken (discard excess flour) in a single layer and cook, turning once, until browned, 4 to 5 minutes total. Transfer to a plate.

Reduce heat to medium. Add garlic, capers and lemon zest, and stir just until fragrant, about 30 seconds.

Add wine and simmer, scraping up browned bits from bottom of pan, until reduced by half, about 2 minutes. Add broth, potatoes and chicken, and return to a simmer.

See **AMMESON**, page B4

A few easy, go-to recipes to keep on hand

By JANE AMMESON
HP Correspondent

When time isn't on our side, but we want a meal that's more than microwaveable, it's great to have several go-to recipes on hand for delicious dinners.

"We like to make this for special occasions and during the holidays because everyone seems to like it and it's easy to make," John Schuldt says about his recipe for flank steak, which is stuffed with cream cheese, scallions and garlic, then pan browned, tossed in the oven and served with a sauce made from the pan juices.

"What's nice," he says, "is that you can serve it at the table or cut it into pinwheels and serve as finger food and as an appetizer."

Schuldt, who works at Edgewater Bank in Coloma, loves to cook. He and his wife, Jen, recently located here from Chicago because they see Southwest Michigan as a better place to raise children and offering a less stressful lifestyle.

As for side dishes to this meal, he suggests mashed potatoes or baked potatoes, and asparagus.

"In the summer you can also make this dish on the grill," he says.

To keep the stuffed steak together, Schuldt recommends using butcher's twine, but you can also use toothpicks if you don't have any available.

As for dessert to accompany the steak, Jen Schuldt makes a family favorite, which is called, simply enough, Fluff.

"It's a mixture of Cool Whip with coconut flakes, maraschino cherries, chopped walnuts and grapes," he says. "It's very easy to make and always popular."

The Schuldts' recipes put me on the hunt for other impressive but easy recipes.

One of my favorite go-to sources for this is Tim Laird, Brown-Forman's chief cocktail officer, who was in Southwest Michigan a few years ago for a live cooking demonstration at the KitchenAid Senior PGA Championship.

I've kept in touch with Laird since meeting him.

He and his wife are

See **EASY**, page B4

Photos by Abel Uribe / Chicago Tribune / TNS

Popular in China and Japan, these easy steamed eggs are soothing for a tricky tummy and restorative on a wintry night.

What to eat to recover from your holiday overindulgence

By ROBIN MATHER
Chicago Tribune

We have navigated through the season of excess – those weeks between Thanksgiving and New Year's Eve. Now we have arrived at the season of long nights and short days, as well as the season of the winter crud.

What we need at this time of year is a miracle dish.

We need something that can soothe the body when its calibration is off, whether from overindulgence or sickness. Something that is nourishing and easy to prepare. Something inexpensive, yet immensely satisfying.

That thing, my friends, is the savory steamed egg. This is a recipe you're going to want to clip out and set in a convenient place for future use. It's so simple that after you prepare it a few times, you'll no doubt have it memorized.

But until then? It's the only thing that decorates my refrigerator, held there by a souvenir magnet from some long-ago trip.

Popular as a snack in China and Japan, savory steamed eggs scratch an itch that their cousin, scrambled eggs, just can't reach. There's something about that delicate texture, and the lightly smoky flavor of its garnish of toasted sesame oil, that can't be beat.

This recipe specifies large eggs, and there's a reason for that. But if you don't usually have large eggs on hand, other sizes can substitute with a minor adjustment. To clarify this, it helps to know what those egg size labels mean, according to the U.S. Department of Agriculture:

■ Small eggs weigh about 1 1/2 ounces per egg, or about 18 ounces per dozen.

The steamed eggs are simple to prepare. The recipes call for just broth and sesame oil, and a garnish of green onions.

Beat the eggs lightly before measuring them. Then you'll add twice their volume in broth.

■ Medium eggs weigh about 1 3/4 ounces per egg, or about 21 ounces per dozen.

■ Large eggs weigh about 2 ounces per egg, or 24 ounces per dozen.

■ Extra large eggs weigh about 2 1/4 ounces per egg, or 27 ounces per dozen.

■ Jumbo eggs weigh about 2 1/2 ounces per egg, or 30 ounces per dozen.

To substitute another size for the large eggs specified, beat the eggs in a large glass measuring cup, then use twice as much broth as eggs.

Two large eggs would measure about 3 ounces, so you'll need 6 ounces broth. But two extra large eggs will be closer to 4 1/2 ounces, so you'd need 9 ounces broth – just over a cup, in other words.

It's important to strain the egg-broth mixture before cooking, as that's what gives this easy custard its silky consistency.

I make this most often in my Instant Pot, because it's so quick and easy, and it even pressure cooks the eggs to a consistently perfect texture. You can cook this on the stovetop, too.

Savory Steamed Eggs

Makes 1 serving.

If you'd like to double or triple the recipe, it's best to divide the mixture among two or three smaller bowls to cook, rather than trying to cook a larger quantity in one bigger vessel.

2 large eggs
3/4 cup chicken broth
1 tablespoon sesame oil
1 green onion, thinly sliced

Beat the eggs in a glass measuring cup. Whisk in twice their volume in broth.

Pour mixture through a fine strainer into the bowl you'll cook in, deflating any bubbles on the surface.

Let the mixture stand for 4 to 5 minutes to allow any remaining bubbles to rise to the surface; deflate any that do.

Wrap the bowl tightly in foil, so no moisture can drip onto the egg mixture as it steams. Fold another large sheet of foil to create a long strip – this will create a sling to help remove the cooked eggs from the steaming vessel.

To cook in a stovetop steamer, place a trivet or steaming rack into the bottom of the steamer; add water to a depth of 1 to 2 inches. It should not touch the bottom of the bowl.

Add the foil sling, then center the bowl on the trivet with the sling beneath it.

Bring the water to a boil over high heat; reduce the temperature to a slow boil. Cover the pot and steam the eggs, 15 to 20 minutes.

Remove steamer from the heat; uncover and use the foil sling to lift the bowl out of the steamer.

See **EGGS**, page B4

EASY

From page B3

active entertainers, and have developed some recipes for composing great meals.

John Schuldt's Stuffed Flank Steak

1 1/2 to 2 pounds skirt steak
6 ounces cream cheese, at room temperature
2 to 3 scallions, thinly sliced
1 to 2 cloves garlic, minced
2 to 3 chives, minced
Smoked paprika
Salt and black pepper, to taste
Olive oil
1 cup beef stock

Pound skirt steak until thin.

Mix cream cheese, scallions, garlic, chives, paprika, salt and pepper together.

Arrange filling on one end of the steak. Roll up tightly and secure with twine or toothpicks.

Heat olive oil in a skillet. Add steak, and brown on all sides.

Heat oven to 350 degrees.

Place beef in a cast iron skillet. Add about 1/2 cup of stock to pan. Cover and cook for about 10 to 15 minutes, or until meat is tender.

When meat is done, set aside and use the juices to make a sauce.

Heat remaining liquid to a very high heat, scraping pan and letting liquid thicken.

Pour over beef or serve on the side.

Jen Schuldt's Fluff

1 carton Cool Whip
1 large Jell-O, preferably strawberry
1 cup coconut, shredded
1 jar maraschino cherries, syrup and all
1/2 cup nuts (optional)
Grapes, cut in half

Sprinkle Jell-O powder on Cool Whip, and stir. Add coconut, cherries with syrup, and nuts if using. Stir. Add grapes and fold mixture over to incorporate grapes.

Refrigerate until ready to eat.

Giant Hot Brown

Makes 8 servings.

8 slices white bread, toasted
2 pounds roasted turkey breast, cut into 1/2-inch-thick slices
4 cups Mornay Sauce (see recipe below)
12 strips bacon, cooked but not crisp
4 whole tomatoes, cut into wedges

Heat the oven to 375 degrees.

Cut the toasted bread in half diagonally, and place half of the toast points in the bottom of a 9-by-13-inch baking dish.

Arrange the turkey breast on top of the bread, and cover with the Mornay Sauce.

Arrange the bacon on top of the sauce in a criss-cross pattern.

Bake for 30 to 40 minutes, until the top starts to brown and the sides are bubbling. Remove from the oven, and place the tomato wedges on top.

Return to the oven for 5 minutes, until the tomatoes are slightly cooked.

Remove from the oven, and place the remaining toast points around the edges of the dish for garnish. Let cool slightly before serving.

– Recipe from "The Bourbon Country Cookbook" by David Danielson and Tim Laird

Mornay Sauce

Makes 4 cups.

1 stick unsalted butter
8 tablespoons flour
4 cups whole milk
5 ounces coarsely grated Gruyère cheese (1 1/4 cups)
1/2 teaspoon kosher salt
1/8 teaspoon freshly ground black pepper
1/8 teaspoon freshly grated nutmeg

Melt the butter in a 2-quart heavy-bottomed saucepan over medium-low heat.

Add the flour and cook, whisking constantly, for 3 minutes. While whisking, add the milk in a slow stream and bring the mixture to a boil.

Reduce the heat to low and gently simmer, whisking occasionally, for 10 minutes as the sauce thickens.

Remove from the heat, and add the Gruyère, whisking until melted.

Whisk in the salt, pepper and nutmeg until all the ingredients are fully incorporated. Serve immediately.

– Recipe from "The Bourbon Country Cookbook"

Bourbon Bacon Chocolate Chip Cookies

1 pound thick-cut bacon
2 1/2 cups flour
1 teaspoon baking soda
1 teaspoon salt
1/4 teaspoon baking powder
2/3 to 1 cup unsalted butter, at room temperature (see note)
3/4 cup granulated sugar
3/4 cup packed brown sugar
3 tablespoons bourbon
1 teaspoon pure vanilla extract
2 large eggs
10 ounces dark chocolate chips

Heat the oven to 400 degrees.

Place the bacon in a single layer on a parchment-lined baking sheet. Bake for 15 to 20 minutes, until crisp. Remove the bacon to a paper towel-lined plate to drain.

Pour the bacon grease from the baking sheet into a glass measuring cup and place it in the refrigerator to solidify, about 30 minutes.

Transfer the bacon to a cutting board, cut into small dices, and set aside.

Reduce the oven to 375 degrees. Line two baking sheets with parchment paper and set them aside.

In a medium bowl, combine the flour, baking soda, salt and baking powder, and set aside.

Once the bacon fat is solidified, add just enough of the unsalted butter to make 1 cup.

In the bowl of a stand mixer fitted with the paddle attachment, combine the butter and bacon fat and sugars. Beat on low speed until combined.

Add the bourbon, vanilla and eggs, and beat on low speed until thoroughly mixed. With the machine still running on low speed, gradually add in the flour mixture until completely combined. Stir in the bacon and chocolate chips.

Drop rounded tablespoons of dough about 2 inches apart on the prepared baking sheets. Bake for 9 to 11 minutes, until the cookies are lightly browned. Remove from the oven and let stand for 5 minutes before transferring them to a wire rack to cool completely. Repeat this process (you can reuse the parchment) until you have used up all the dough.

Store in an airtight container at room temperature for 1 week or in the freezer for up to 1 month.

Note: It's important to use a total of 1 cup of fat in this recipe. The amount of fat rendered from the bacon will tell you how much butter you need to use. For example, if you have 1/4 cup bacon fat, you'll use 3/4 cup unsalted butter. Generally, 1 pound of bacon renders 1/3 cup fat. However, all bacon is not the same in terms of thickness, size, fat content or quality.

– Recipe from "The Bourbon Country Cookbook"

Cheyenne Cohen / Katie Workman / AP

An assortment of various kitchen gadgets are shown.

Essential gadgets worth the real estate in your kitchen

By KATIE WORKMAN
Associated Press

I love a shiny new kitchen object as much as the next cook, and at times my kitchen has resembled a kitchen specialty store. But if you have a small kitchen, counter space and cabinet storage are at a premium.

Here are some of my favorite gadgets to make your cooking life better.

I'm skipping the bigger appliances like slow cookers and air fryers. I'm also skipping knives, cutting boards, pots and pans, measuring cups and the like, because you pretty much know you need those.

This is about great gadgets, both low- and high-tech, that deserve a spot in your kitchen because they work hard and smart.

Perfect peeler

I use a peeler pretty much every day for something. Potatoes, carrots, apples, winter squash, etc.

I am a fan of Kuhn Rikon peelers, which are lightweight and easy to use on peels thick and thin. OXO also make an assortment with different blades, shapes and widths.

Mandoline

It's hard to get perfectly thin slices for most of us home cooks, even with a good knife. But with a mandoline, you can get even slices of all sorts of vegetables and other ingredients.

One example is the OXO Good Grips Hand-Held version, which comes with settings for three different thin-nesses, and a handle so you can slice safely and quickly into a bowl or over a plate.

Food processor

I use no appliance more than this one. I use it for pureeing, chopping, slicing and shredding.

Cuisinart has long been my go-to brand – I grew up with one and now own half a dozen. Other companies, like KitchenAid and Breville, also make good food processors.

Sizes range from quite large (14- or 16-cup bowls) to mini (about 2 cups). I recommend one little one, for things like mincing garlic or making pesto, and one large, for everything else.

Instant-read thermometer

There are many versions on the market, from digital to analog to Bluetooth to infrared. When you want to make sure that you are not overcooking a roast beef, or that your bread is cooked through, an instant-read thermometer is indispensable. (You'll justify the cost quickly when you consider how much you spent on that holiday filet!)

In the most user-friendly digital arena, Thermapen instant thermometers are fast and precise with a wide temperature range.

Immersion blender

I love my blender and food processor, but if you've ever tried to transfer a pot of hot, chunky soup to a blender, then you understand why an immersion blender is such an asset.

Instead of pouring, just place the immersion blender right into the pot. You can even stick the wand into a can of whole tomatoes and puree them right there.

There are loads of good ones on the market, from companies like Breville, All-Clad, Braun and Philips.

Microplane

One of those products where the brand name has become synonymous with the thing itself, even though other manufacturers make similar items. This is basically a small, handheld grater.

The most classic one is long and narrow, with lots of fine blades that turn lemon zest and hard grating cheeses and chocolate into fluffy mounds of delicate tiny shreds. You can also get versions that grate food into larger strands.

Peppermill

Nothing is more important in the kitchen than salt and pepper, and freshly ground pepper is much better than pre-ground.

The Peppermate Traditional Pepper Mill is sleek and contemporary looking, made of ceramic with a side crank. It has a removable, clear bottom cup under the grinder to catch the pepper, and an adjustable grinding size, from very fine (for most things) to very coarse (for things like steak au poivre).

For a more classic look, Peugeot makes high-quality mills.

Breakfasts and Banquets

Wings: American Legion Post 331, 4241 Legion St., Bridgman, will hold a wing night from 5-7:30 p.m. today. Cost varies. Each meal includes celery, and barbecue, ranch, blue cheese or hot sauce.

Burgers: American Legion Post 518, 4789 Weechik Road, New Troy, will have a hamburger night from 5-8 p.m. today. Cost is $5 for a burger, fries, salad and dessert. Cost is $6 for a burger, onion rings, salad and dessert. Cost is $3.50 for salad and dessert only.

Burgers and taco salad: The Van Buren Sportsmen's Club, 54630 County Road 687, Hartford, will serve dinner from 5-8 p.m. today. Burgers start at $3. Taco salads start at $5.75. For more information, call 621-3994 after 2 p.m.

Burgers and brats: The D.A.N.K., 2651 Pipestone Road, Benton Harbor, will serve burgers for $3, brats for $1.50, hot dogs and sides from 6-8 p.m. today. Drink specials will be available.

Burgers: American Legion Post 105, 16565 Paw Paw Ave., Benton Harbor, will hold a burger night from 5-8 p.m. Thursday. A 1/3-pound burger and fries starts at $4.25.

Fish fry: Fellowship Baptist Mission Church, 171 N. Euclid Ave., Benton Harbor, will hold a fish fry from 11 a.m.-4 p.m. Friday. Tilapia or catfish dinners are $8 for regular size, or $13 for large, and come with fries or spaghetti. All dinners include coleslaw, hush puppies and bread. Dessert is $2 and beverages are $1.

Fish fry: The Van Buren Sportsmen's Club, 54630 County Road 687, Hartford, will hold a fish fry from 5-8 p.m. Friday. The menu includes fish, chicken and shrimp. Prices start at $7.50. Salad bar is included. For more information, call 621-3994 after 2 p.m.

Steak or shrimp: American Legion Post 568, 3093 Johnson Road, Stevensville, will serve a New York strip steak for $13, rib-eye steak for $16, and steamed shrimp for $8 from 4:30-7 p.m. Saturday. Dinner includes a choice of steak and/or shrimp, baked potato, salad, garlic bread and coffee. Take-out meals will be available.

Breakfasts and Banquets appears each Wednesday in the Food section. The deadline is the preceding Wednesday at noon. Civic groups sponsoring fundraising meals, classes or other food-related events should send information in writing to: Focus, The Herald-Palladium, P.O. Box 128, St. Joseph, MI 49085; fax to 429-4398; or email focus@TheHP.com.

AMMESON

From page B3

Lower heat slightly to maintain simmer, cover, and cook for 10 minutes.

Add artichokes to pot and stir. Cover and cook until potatoes are tender when pierced, 8 to 10 minutes. Stir in parsley, lemon juice to taste and olives. Season with additional salt and pepper to taste.

Serve hot, with lemon wedges on the side.

Limoncello

Makes about 3 (12-ounce) bottles.

6 large lemons, preferably Meyer
3 cups vodka, preferably 100 proof
2 cups sugar
2 cups water

Using a vegetable peeler, remove the outer rind from the lemons in long strips. If you peel too deeply and end up with white pith on the underside of the rind, scrape it off with a knife. You can also use a zester designed for peeling just the skin and not the pith.

Place the peels in a quart-size canning jar, and cover with vodka.

Store the jar in a cool, dark place for 2 to 4 weeks.

Photo provided

Limoncello is featured in "Food Swap: Specialty Recipes for Bartering, Sharing & Giving" by Emily Paster.

The longer the peels steep, the more pronounced the lemon flavor will be.

Once you have achieved the desired flavor, strain the vodka and discard the lemon peels. You should have about 2 1/2 cups of liquid.

In a small saucepan, make a simple syrup by combining the sugar and water and heating over high heat, stirring to dissolve the sugar. Continue stirring until the sugar is completely dissolved, about 5 minutes.

Remove from the heat. Allow the simple syrup to cool to room temperature.

Combine 2 cups of the simple syrup with the vodka, and stir to combine. Taste and add more simple syrup, or water, as desired. More simple syrup will make for a sweeter finished product, while more water will make the limoncello smoother and milder.

Pour the limoncello into attractive glass bottles. A 12- or 8-ounce size usually works well. In a pinch, you can simply use canning jars.

Label the bottles, or decorate with a hanging tag. Store in the freezer, as limoncello should be served chilled.

Jane Ammeson can be contacted via email at janeammeson@gmail.com or by writing to Focus, The Herald-Palladium, P.O. Box 128, St. Joseph, MI 49085.

EGGS

From page B3

Dress with sesame oil and green onion. Serve while still hot.

To cook in an Instant Pot or other electric pressure cooker: Place a trivet inside the cooking pot, lay in the aluminum sling, then set the cooking bowl on the trivet.

If your trivet has handles that aid removal from the pot, you won't need the sling.

Pour 1 cup water into the cooking pot, cover the cooker and seal; set to low pressure. Cook for 6 minutes.

Allow pressure to release naturally; remove the eggs, dress with sesame oil and green onion, and serve hot.

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hp SPORTS

Red Wings beat Canadiens; Blackhawks fall to Flames

Page C2

Surgery likely to sideline Pistons' Griffin for season

By VINCE ELLIS
Detroit Free Press (TNS)

DETROIT — In a move that was expected, the Detroit Pistons announced All-Star forward Blake Griffin underwent surgery Tuesday on the troublesome left knee that caused him to miss 18 games this season.

The release declined to give a timetable for a possible return, saying he will undergo an "extended rehabilitation" but the expectation is Griffin won't play again this season.

The Pistons medical staff has examined Griffin and the consensus was that surgery was needed to deal with the problem that's been an issue since late last season.

A source tells the Free Press that Griffin, 30, was dealing with the same issues that left him hobbled near the end of last season and in the playoffs. There was soreness and loose bodies in the knee, which was surgically repaired in April.

In his last game — a 27-point loss at San Antonio on Dec. 28 — Griffin struggled to score against players such as Trey Lyles and Jakob Poeltl.

Averaging a career-low in points (15.5), rebounds (4.7) and minutes (24.8) per game, Griffin has missed 19 of the team's 37 games this season. He has attributed his struggles to not being in rhythm, though it's apparent the knee — which held him out to start the season — has been the problem.

"It doesn't help, but like I said, I've never really been an excuse guy, so just got to do better," Griffin said last month.

"That's the bottom line."

At halftime of Thursday night's loss to the Clippers, Pistons owner Tom Gores was asked about the possibility.

"We haven't gotten that far," Gores said. "We're just going to assess it in the next week or so. He's a trooper. If Blake could play, he'd be playing. We're giving him a few days of rest and see what happens."

It's expected Griffin should be ready for a regular summer workout schedule.

The Pistons (13-24) are slipping out of the playoff race in the East, having lost 11 of their last 13 games. They are 3.5 games out of the eighth and final playoff spot and have had discussions on trading starting center Andre Drummond.

Griffin is owed $75.5 million over the next two seasons, so trade relief is unlikely with his injury history and being sidelined for the season.

Cishek agrees to 1-year deal with White Sox

CHICAGO (AP) — The Chicago White Sox bolstered their bullpen Tuesday, agreeing to a $6 million, one-year contract with free-agent reliever Steve Cishek.

A person with direct knowledge of the deal says it's pending a physical. The person spoke on condition of anonymity because the move had not been finalized.

The 33-year-old Cishek is moving to the South Side after spending the previous two seasons with the crosstown Cubs. The sidearming right-hander went 4-6 with a 2.95 ERA and seven saves in 70 appearances last year.

Chicago has been one of baseball's most active teams this winter, hoping to contend for the AL Central title after seven straight losing seasons.

The White Sox also signed catcher Yasmani Grandal, slugger Edwin Encarnación and pitchers Dallas Keuchel and Gio González to free-agent deals. Outfielder Nomar Mazara was acquired in a trade with the Texas Rangers.

First baseman Jose Abreu, who led the AL with 123 RBIs last season, was re-signed to a $50 million, three-year deal, and top prospect Luis Robert agreed to a $50 million, six-year contract last week, clearing the way for the outfielder to begin the season in the majors.

Cishek likely will be used in late-inning situations in front of Alex Colomé, who had 30 saves and a 2.80 ERA last year in his first season with the White Sox. Kelvin Herrera also is back after he struggled in 2019.

Cishek broke into the majors in 2010 with the Marlins. He is 32-27 with a 2.69 ERA and 132 saves in 10 years in the majors, also playing for Tampa Bay, Seattle and St. Louis.

Don Campbell / HP staff See more photos: heraldpalladium.mycapture.com

Dowagiac's Stewart Smith defends against Lakeshore's Dylan Clem during the first half of Tuesday night's game.

Turnover turnaround

Don Campbell / HP staff

Dowagiac's Henry Weller tries to drive around Lakeshore's Grant Ruddell during Tuesday's game.

Lakeshore shakes off rough start to beat Dowagiac, stay undefeated

By BEN SANDERS
HP Sports Editor

STEVENSVILLE — Lakeshore put itself in a hole with turnovers early in Tuesday's boys basketball game against Dowagiac.

Lakeshore 53 Dowagiac 41

The Lancers were able to rally for a 53-41 victory, however, in large part due to Dowagiac's turnovers.

Lakeshore finished with 18 turnovers, and the Chieftains had 19 giveaways in a sloppy game as both teams played for the first time in the new year.

"That was just an ugly basketball game," Lakeshore coach Sean Schroeder said. "Dowagiac, give them credit, they played really hard. I thought they had a really good game plan, they executed pretty well. They were a lot more patient on

See **LANCERS**, page C2

Ron DeKett/ HP correspondent

Hartford's Elijah Ledesma finds himself surrounded by Bangor defenders before he passes the ball to an open teammate during Tuesday's game.

Hartford picks up the pace in win

Strong 2nd quarter propels Indians over Bangor

By MAXWELL HARDEN
HP Sports Writer

HARTFORD – After a sluggish start to the game, the Hartford boys basketball team used a 19-0 run in the second quarter to capture a 70-52 Southwest 10 Conference win over Bangor on Wednesday.

"We started slow in the first quarter," Hartford coach John Johnson said. "We talked about their press and talked about playing the game at our pace. Once we got our pace going, everything fell into place for us."

Hartford 70 Bangor 52

The Vikings used a 7-0 run in the second quarter to trim the Indians' lead to 20-17 before Hartford's Aaron Sinclair took the game over. The junior scored 12 of his game-high 25 points in the second quarter as the Indians outscored the Vikings 27-12 in the period to put the game away.

"His shot wasn't falling early and we talked about taking the ball to the basket," Johnson said. "Generally, he's going to be the best athlete on the floor most nights. When the ship isn't sailing well, it's nice to have somebody like that."

The Indians led by as many as 26 in the fourth

See **INDIANS**, page C2

In brief

Lions promote coaches to lead OL

ALLEN PARK, Mich. (AP) — The Detroit Lions on Tuesday promoted assistant coaches Hank Fraley and Billy Yates to lead their offensive line.

Fraley had been Detroit's assistant offensive line coach the previous two seasons. Yates was on Matt Patricia's coaching staff the last two years.

Patricia fired six members of his staff shortly after finishing his second season with a 3-12-1 record. He later announced defensive coordinator Paul Pasqualoni was leaving the team to be closer to his family in Connecticut, and offensive line coach Jeff Davidson was taking an indefinite leave.

The Lions finished 3-12-1 this year and have the No. 3 pick in the draft.

MLB to probe Red Sox sign stealing claim

BOSTON (AP) — Major League Baseball says it will investigate allegations the Boston Red Sox illegally used their video replay room to steal signs between opposing pitchers and catchers during their 2018 World Series championship season.

The claims were made Tuesday in a report by The Athletic. The website cited three anonymous sources it said were with the Red Sox during the 2018 season who said some players visited the replay room during games to get information on sign sequences.

Those sources told The Athletic that the Red Sox weren't able to do it during the postseason because of in-person monitors used by MLB in those games.

"The Commissioner made clear in a September 15, 2017 memorandum to clubs how seriously he would take any future violation of the regulations regarding use of electronic equipment or the inappropriate use of the video replay room. Given these allegations, MLB will commence an investigation into this matter," the league said in a statement.

The Red Sox said they will cooperate as MLB looks into the allegations.

Rose, Pistons rally past Cavaliers

CLEVELAND (AP) — Derrick Rose hit a 15-footer with 27 seconds left and the Detroit Pistons rallied for a 115-113 win over the Cleveland Cavaliers on Tuesday night.

Rose, who scored 24 points, scored on a runner in the lane to give Detroit a 114-113 lead and cap a comeback that began with the Pistons trailing 110-91 early in the fourth quarter.

Cleveland set up for a go-ahead shot, but Collin Sexton was called for stepping out of bounds with seven seconds left. The ruling was overturned, but Sexton's shot in the lane didn't hit the rim and Detroit was awarded possession on a shot-clock violation.

Andre Drummond made one of two free throws with 1.6 seconds to play for a two-point lead. Drummond tipped away Kevin Love's long pass for Tristan Thompson and the clock ran out.

Drummond finished with 23 points and 20 rebounds, the 38th time in his career he has hit the 20-mark in both categories..

The win provided some good news for the Pistons, who were playing the finale of a six-game trip. Star forward Blake Griffin had surgery on his left knee and will face an extended rehabilitation period. The Pistons said they have no timetable for his return.

Kevin Love matched a season high with 30 points, but Cleveland lost its fifth straight and went winless on its four-game homestand.

Airwaves

Television today

6:30 p.m. (FS1) **College Basketball** St. John's at Georgetown. (Live) (CC)
7:00 p.m. (Bigten) **College Basketball** Northwestern at Indiana. (Live) (CC)
(ESPN2) **College Basketball** Notre Dame at N.C. State. (Live)
7:30 p.m. (ESPN) **NBA Basketball** Denver Nuggets at Dallas Mavericks. (Live)
(NBCSports) **NHL Hockey** Washington Capitals at Philadelphia Flyers. (Live)
8:00 p.m. (FoxDetroit) **Women's College Basketball** Oklahoma at Oklahoma State. (Live)
(NBCSCH) **NBA Basketball** Chicago Bulls at New Orleans Pelicans. (Live)
8:30 p.m. (FS1) **College Basketball** Seton Hall at Xavier. (Live) (CC)
9:00 p.m. (Bigten) **College Basketball** Illinois at Wisconsin. (Live) (CC)
(ESPN2) **College Basketball** Oklahoma at Texas. (Live)
10:00 p.m. (ESPN) **NBA Basketball** Milwaukee Bucks at Golden State Warriors. (Live)
(NBCSports) **NHL Hockey** Dallas Stars at Los Angeles Kings. (Live)
11:00 p.m. (Golf) **Asian Tour Golf** Hong Kong Open, First Round. (Live) (CC)
5:00 a.m. (Golf) **European PGA Tour Golf** South African Open, First Round. (Live)

Thursday

6:00 p.m. (Bigten) **Women's College Basketball** Michigan at Ohio State. (Live) (CC)
7:00 p.m. (ESPN) **Women's College Basketball** Baylor at Connecticut. (Live)
(ESPN2) **College Basketball** Memphis at Wichita State. (Live)
(FoxDetroit) **NBA Basketball** Cleveland Cavaliers at Detroit Pistons. (Live)
(FS1) **College Basketball** Purdue at Michigan. (Live) (CC)
(Golf) **PGA Tour Golf** Sony Open in Hawaii, First Round. (Live)
(TNT) **NBA Basketball** Boston Celtics at Philadelphia 76ers. (Subject to Blackout) (Live) (CC)
8:00 p.m. (Bigten) **Women's College Basketball** Maryland at Iowa. (Live) (CC)
8:30 p.m. (NBCSCH) (NBCSports) **NHL Hockey** Nashville Predators at Chicago Blackhawks. (Live)
9:00 p.m. (ESPN) **College Basketball** Minnesota at Michigan State. (Live)
(ESPN2) **College Basketball** Arizona at Oregon. (Live)
(FS1) **College Basketball** Washington at Stanford. (Live) (CC)
9:30 p.m. (TNT) **NBA Basketball** Houston Rockets at Oklahoma City Thunder. (Live) (CC)
11:00 p.m. (ESPN2) **College Basketball** Teams TBA. (Live)
(Golf) **Asian Tour Golf** Hong Kong Open, Second Round. (Live) (CC)
5:00 a.m. (Golf) **European PGA Tour Golf** South African Open, Second Round. (Live)

Radio today

5:30 p.m.
College basketball doubleheader — Glen Oaks at Lake Michigan College (WSJM-AM, 1400; WSJM-FM, 106.1)

Thursday

7 p.m.
College basketball — Purdue at Michigan (WSJM-AM, 1400; WSJM-FM, 106.1)
9 p.m.
College basketball — Minnesota at Michigan State (WCSY-FM, 103.7)

Contact us

The Herald-Palladium sports desk is staffed after 7 p.m. nightly. Coaches or managers are asked to report results as soon as possible the evening of the event for publication in the next day's edition.

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Ron DeKett / HP correspondent

Hartford's Ricky Baker drives toward the basket as Bangor's Seth Brunn defends during Tuesday's game.

INDIANS

From page C1

quarter. Elijah Ledesma and Tanner Kinchen scored 12 points apiece for Hartford.

"I was happy with our pace tonight," Johnson said. "Our defense is really good, we just need to rebound better offensively. We're a great defensive team but if we don't take care of the boards we'll be in trouble.

"Overall, I was happy with our performance coming out of break."

Omar Jeffries led Bangor with 11 points.

The conference win keeps Hartford on pace with the top teams in the Southwest 10, while Bangor is still looking for its first win of the season.

The Vikings hit the road on Thursday to play Decatur at 7:30 p.m. and Hartford will travel to Mendon Friday for a 7:30 p.m. tipoff.

"We've been ahead in the fourth quarter every game this season," Johnson said. "We've let a few of those get away from us. Hopefully tonight, with the pace we played at, the kids will start doing more of the things we need to do to be successful."

HARTFORD 70, BANGOR 52

HARTFORD (70)
Aaron Sinclair 10 1-2 25, Elijah Ledesma 6 0-0 12, Tanner Kinchen 5 2-2 12, Elijah Rodarte 2 2-2 6, Kaden Johnson 2 0-0 5, Dylan Voss 2 0-0 4, Ricky Baker 1 0-0 2, Sergio Canseco 1 0-0 2, Darius Webb 1 0-0 2. Totals: 30 5-6 70.
BANGOR (52)
Omar Jeffries 4 2-2 11, Elijah Fuller 4 0-3 8, Even Tate 3 0-0 7, Seth Brunn 3 0-2 6, Damarious Osten 1 1-2 4, Anthony Pasley 1 0-0 3, Max McGuire 1 0-0 2, Jaden Jones 1 0-0 2, Zach Trainor 1 0-0 3, Michael Hardester 1 0-0 2, Tyler Brenne 1 2-2 4. Totals: 21 5-11 52.

Hartford	**12**	**27**	**16**	**15**	**– 70**
Bangor	**9**	**12**	**12**	**19**	**– 52**

3-point goals – Hartford 5 (Sinclair 4, Johnson), Bangor 5 (Trainor, Jeffries, Tate Jr., Osten, Pasley). Total fouls – Hartford 14, Bangor 12. Fouled out – None. Technical Fouls – None.
Records – Hartford 2-1 SW10, 2-2; Bangor 0-3 SW10, 0-4.

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Don Campbell / HP staff See more photos: heraldpalladium.mycapture.com

Dowagiac's DJ Lanier celebrates during the first half of Tuesday night's game against Lakeshore.

LANCERS

From page C1

offense than they had been on film.

"We've got to be better. We can't have unforced turnovers."

Lakeshore (4-0) turned the ball over on its first three possessions, allowing Dowagiac (2-4) to get ahead 6-0. The Lancers didn't lead until Dylan Clem scored in the final minute of the first half to make it 19-17 at the break.

Lakeshore threatened to pull away at times in the second half, but DJ Lanier kept Dowagiac close. Lanier finished with a game-high 24 points, including four 3-pointers.

"DJ had a great game offensively, but that's the expectation," Dowagiac coach Danum Hunt said. "DJ is a four-year varsity player, he's been around here a while. We look to him to lead us in scoring, and tonight was the night that he just happened to step up and do that."

Lanier's final 3-pointer of the game brought the Chieftains to within four at 42-38, but Dowagiac then turned the ball over on its next four possessions, leading to a 10-0 Lakeshore run.

"We just made too many turnovers down at the end," Hunt said. "Too many mistakes, too many blown defensive assignments at the end, and that kind of cost us the game.

"Early on we got them to play our game, it was up-tempo and we were able to have some success. Once they settled down, they were able to slow tempo down a bit and got into their game. It turned a tough contest, and we didn't take care of the ball enough."

JJ Bushu hit six free throws down the stretch to secure the Lakeshore win. He finished 9-for-9 at the line and scored 13 points.

Clem led the Lancers with 15 points, five rebounds and five assists. Ben Brower scored 13. Ja'Kobe Young had six points and 11 boards, helping Lakeshore to a 30-17 rebounding advantage.

"Dylan Clem was tremendous," Schroeder said. "I thought JJ Bushu played a pretty good second half. Ja'Kobe had a spurt in the second half where he just owned the boards, played really well. (Brower) made some shots. We found a way to get it done, but we have to play better."

Just three players scored for Dowagiac. In addition to Lanier, Dashawn Brooks scored 14 points and Henry Weller added three.

LAKESHORE 53, DOWAGIAC 41

DOWAGIAC (41)
DJ Lanier 8 4-7 24, Cailyn Murphy 0 0-0, Stewart Smith 0 0-0 0, Dashawn Brooks 5 0-0 14, Henry Weller 1 0-0 3. Totals: 14 4-7 41.
LAKESHORE (53)
Ben Brower 5 2-3 13, Ja'Kobe Young 2 2-6 6, Dylan Clem 4 7-8 15, Grant Ruddell 2 0-0 4, JJ Bushu 2 9-9 13, Ben Anderson 1 0-0 2. Totals: 16 20-26 53.

Dowagiac	**11**	**6**	**13**	**11**	**— 41**
Lakeshore	**8**	**11**	**13**	**21**	**— 53**

3-point goals — Dowagiac 9 (Lanier 4, Brooks 4, Weller), Lakeshore 1 (Brower). Total fouls — Dowagiac 20, Lakeshore 13. Fouled out — none. Technical fouls — none. Rebounds — Dowagiac 17 (Murphy 5), Lakeshore 30 (Young 11, Brower 6, Clem 5). Assists — Clem (L) 5, Bushu (L) 4.
Records — Dowagiac 2-4, Lakeshore 4-0.

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Late goal lifts Red Wings

By THE ASSOCIATED PRESS

DETROIT — Filip Zadina scored the tiebreaking goal with 3:52 left in the third period, sending the Detroit Red Wings to a 4-3 win over the Montreal Canadiens on Tuesday night.

Zadina connected on a one-timer in front off Adam Erne's pass from behind the net.

The Red Wings had lost two in a row and 20 of their last 23, giving them the NHL's worst record by a wide margin. Montreal has dropped seven straight games.

Frans Nielsen got his second goal of the game with 8:41 remaining to pull the Red Wings into a 3-all tie. Earlier in the period, Victor Mete was credited with a go-ahead goal that went off Detroit defenseman Filip Hronek's skate and into the net.

Artturi Lehkonen had a short-handed goal in the first period off Hronek's turnover and Nick Suzuki scored on a power play in the second to give the Canadiens a two-goal lead they couldn't hold.

Nielsen scored midway through the second and Robby Fabbri's wrist shot from the slot early in the third tied it at 2.

Detroit goalie Jonathan Bernier made 23 saves. Montreal's Charlie Lindgren stopped 26 shots.

Lehkonen made the most of one of the many mistakes by the Red Wings midway through the first period. He skated in front of a poorly passed puck from Hronek just inside Montreal's blue line and carried it up the ice to beat Bernier between his pads with a backhand.

Suzuki took advantage of extra time and space on a power play 6:31 into the second and scored to put the Canadiens up 2-0.

The Red Wings, though, rallied for a rare win, and Zadina's fist pump after his go-ahead goal showed how much each game still matters to their players and coaches.

Flames 2, Blackhawks 1

CHICAGO — Elias Lindholm scored twice to reach 300 points in his 500th NHL game, and the Calgary Flames beat the Chicago Blackhawks 2-1 on Tuesday night for their third straight win.

Matthew Tkachuk had two assists for Calgary, which lost 5-3 to Chicago in their first meeting of the season on New Year's Eve. Cam Talbot made 31 saves.

The Blackhawks lost key forward Dylan Strome to a right ankle injury early in the second period. They had won four of five during one of their best stretches of the season.

Dominik Kubalik scored his 13th goal for Chicago, and Corey Crawford stopped 26 shots.

The Flames had two 5-on-3 power plays totaling 2:22 and came up empty. Crawford denied Johnny Gaudreau and Sean Monahan with a pair of terrific saves early in the third.

The Blackhawks replaced Crawford with an extra attacker with about two minutes left, but the Flames held on.

Tkachuk and Lindholm connected for both of Calgary's goals in the second.

Lindholm tied it at 1 just 14 seconds into the period. Tkachuk found the 25-year-old forward in the slot, and he slid the puck between Crawford's legs for his 17th of the season.

AREA SCHEDULE

Today
Girls basketball
Buchanan at Niles, 7
Coloma at Bridgman, 7:30
Wrestling
Niles at St. Joseph, 6
Dowagiac, Edwardsburg, Paw Paw at South Haven, 5:30
Watervliet, Coloma, Galesburg-Augusta at Lawton, 6
River Valley, Decatur at Cassopolis, 6
Eau Claire, Bangor, Bloomingdale at Hartford, 6
Bowling
Bronson at Coloma, 3:30
College basketball
Glen Oaks CC at LMC men, 7:30
Glen Oaks CC at LMC women, 5:30

Thursday
Boys basketball
Bangor at Decatur, 7:30
Girls basketball
Bangor at Decatur, 6
Benton Harbor at Berrien Springs, 7
Michigan Lutheran at River Valley, 7:30
New Buffalo at Lake Michigan Catholic, 7:30
Boys swimming
Mattawan at St. Joseph, 6
Kal. Loy Norrix at Bridgman, 6

BOWLING

KELLEY'S BOWL
MOONSHINERS – Amanda Bland 536 (244), Amber Fleisher 536 (207), Sue Holland 532, Sonya Jackson 530, Gladys Hunter 482. Team scores: Bad Girls 1444, 3 The Hard Way 1430.
COLOMA LANES
GEORGE HUFFMAN MEMORIAL — Jerry Price 722 (258), Dan Gulliver 708 (252), David Scheuer 704 (264), Kyle Leamer 701 (287), Bob McCormick 699 (257), Jim Davis 678 (278), Ronald Trump 663 (246).
TUESDAY NIGHTERS — Nikki Needham 602, Jill Wilkens 555, Brenda Webster 524, Kandice Agee 521.

HIGH SCHOOL BASKETBALL

Tuesday's boys scores
Ada Forest Hills Eastern 63, Grand Rapids Forest Hills Northern 56
Adrian 79, Manchester 45
Adrian Madison 49, Sand Creek 38
Almont 64, Imlay City 14
Armada 53, North Branch 37
Athens 58, Waldron 35
Bad Axe 61, Kinde-North Huron 49
Baldwin 50, Big Rapids Crossroads Charter Academy 47
Bath 61, Portland St. Patrick 36
Battle Creek Lakeview 62, Plainwell 47
Bay City All Saints 52, Mayville 49
Bay City John Glenn 60, West Branch Ogemaw Heights 45
Bear Lake 40, Walkerville 27
Benton Harbor 81, Battle Creek Central 52
Benzie Central 81, Buckley 70
Berkley 59, Troy Athens 48
Birmingham Seaholm 44, Pontiac 36
Blanchard Montabella 67, Coleman 59
Boyne City 72, Cedarville 53
Boyne Falls 74, Vanderbilt 27
Brethren 46, Mason County Eastern 44
Bridgman 64, Lawrence 46
Brimley 41, Newberry 24
Burr Oak 48, Tekonsha 36
Burton Atherton 51, Morrice 49
Burton Bendle 62, Burton Bentley 42
Caledonia 84, Middleville Thornapple Kellogg 60
Calhoun Christian 70, Jackson Christian 49
Canton Prep 74, Allen Park Cabrini 48
Carrollton 81, Saginaw Valley Lutheran 47
Carson City-Crystal 74, Vestaburg 45
Cassopolis 65, Decatur 53
Chesaning 59, Durand 45
Clarkston 59, Bloomfield Hills 39
Clawson 73, Waterford Our Lady 51
Climax-Scotts 72, Battle Creek Academy 54
Clio 54, Flushing 50
Coloma 70, Paw Paw 53
Croswell-Lexington 55, Richmond 38
Dansville 52, Fulton-Middleton 46, OT
DeWitt 44, Haslett 43
Dearborn 72, Livonia Stevenson 60
Dearborn Divine Child 59, Detroit Catholic Central 55
Detroit Cass Tech 64, Detroit Mumford 41
Detroit Cody 72, Detroit Collegiate Prep 46
Detroit Country Day 72, Grandville 60
Detroit East English 59, Detroit Osborn 53
Detroit Edison(DEPSA) 65, East Lansing 48
Detroit Ford 64, Detroit West Side Academy 28
Detroit King 75, Detroit Davis 23
Detroit Southeastern 43, Detroit Central 40
Dundee 78, Hudson 74
East Grand Rapids 73, Jenison 37
Eau Claire 52, Mendon 50
Edwardsburg 52, Mattawan 42
Ellsworth 61, Burt Lake Northern Michigan Christian Academy 21
Farmington 66, Birmingham Groves 63
Ferndale 52, North Farmington 48
Fife Lake Forest Area 76, Onaway 48
Frankfort 46, Suttons Bay 42
Fruitport 77, Muskegon Orchard View 33
Gaylord St. Mary 75, Central Lake 36
Gibraltar Carlson 66, Allen Park 38
Goodrich 55, Fenton 38
Grand Haven 69, Hamilton 63
Grand Rapids Kenowa Hills 65, Wyoming Potter's House Christian 60
Grand Rapids South Christian 69, Byron Center 66
Grass Lake 43, Chelsea 41
Grosse Ile 55, Milan 47
Harbor Springs 69, Traverse City Christian 40
Hartford 70, Bangor 52
Hartland 47, Plymouth 41
Hazel Park 59, Michigan Math and Science 29
Hemlock 53, Saginaw Michigan Lutheran Seminary 49
Holly 56, Corunna 54
Holt 77, Kalamazoo Loy Norrix 63
Holton 61, Wyoming Lee 35
Hopkins 68, Grand Rapids Ottawa Hills 67
Howell 56, Novi 34
Hudsonville Unity Christian 50, Holland West Ottawa 48
Ithaca 47, St. Louis 42
Jonesville 39, Union City 28
Kalamazoo Christian 48, Delton Kellogg 37
Kingston 72, Elkton-Pigeon Bay Port Laker 66
Lake Odessa Lakewood 61, Belding 42
Lakeland, Ind. 58, Sturgis 47
Lansing Catholic 88, Fowlerville 81
Lawton 44, Galesburg-Augusta 37
Leland 69, Kingsley 58
Linden 70, Lake Fenton 53
Macomb Lutheran North 51, Clinton Township Clintondale 38
Madison Heights Bishop Foley 60, Bloomfield Hills Cranbrook-Kingswood 58
Mancelona 54, Bellaire 30
Manistee Catholic Central 42, Mesick 32
Maple City Glen Lake 70, Onekama 49
Maplewood Baptist 71, Harbor Light Christian 44
Marshall 55, Richland Gull Lake 38
Millington 55, St. Charles 43
Morley-Stanwood 77, Stanton Central Montcalm 61
Mount Pleasant Sacred Heart 36, Merrill 28
Muskegon Reeths-Puffer 65, Grand Rapids West Catholic 51
New Lothrop 54, Montrose 33
Newaygo 68, Hesperia 13
Niles 55, New Buffalo 22
Northville 52, Brighton 42
Oakridge High School 75, Shelby 36
Okemos 60, Mason 29
Olivet 80, Vermontville Maple Valley 46
Onsted 55, Blissfield 53
Otisville Lakeville 59, Ovid-Elsie 37
Oxford 57, Rochester 40
Pellston 65, Johannesburg-Lewiston 58
Perry 54, Leslie 40
Petersburg Summerfield 64, Britton-Deerfield 42
Pewamo-Westphalia 75, Saranac 30
Pinckney 55, Brighton Charyl Stockwell 46
Pontiac Academy for Excellence 39, Southfield Bradford Academy 37
Pontiac Notre Dame Prep 70, Lapeer 63
Portage Northern 61, Vicksburg 35
Portland 62, St. Johns 55
Potterville 68, Laingsburg 67
Quincy 64, Bronson 32
Ravenna 64, Hart 32
Reading 62, Concord 54
Redford Thurston 76, Livonia Clarenceville 56
Royal Oak 38, Auburn Hills Avondale 34
Rudyard 54, Engadine 50
Saginaw 86, Bay City Western 42
Saginaw Arthur Hill 77, Bay City Central 30
Schoolcraft 53, Kalamazoo Hackett 26
South Haven 71, Gobles 53
South Lyon 61, White Lake Lakeland 56
South Lyon East 55, Walled Lake Central 43
Southfield Christian 68, Adrian Lenawee Christian 56
Southgate Anderson 70, Dearborn Edsel Ford 68
Springport 45, Homer 38
St. Ignace LaSalle 57, Indian River-Inland Lakes 50
Sterling Heights 40, Madison Heights 25
Sterling Heights Parkway Christian 57, Rochester Hills Lutheran Northwest 52
Stevensville Lakeshore 53, Dowagiac Union 41
Summit Academy North 51, Warren Michigan Collegiate 49
Swartz Creek 67, Owosso 37
Tawas 72, Whittemore-Prescott 49
Three Rivers 82, Berrien Springs 56
Traverse City Central 48, Traverse City St. Francis 35
Troy 58, Rochester Hills Stoney Creek 46
Warren De La Salle 64, Eastpointe East Detroit 61
Waterford Kettering 42, Milford 40
Waterford Mott 76, Walled Lake Northern 49
West Michigan Aviation 43, Martin 39
Whitehall 42, North Muskegon 41
Williamston 80, Michigan Center 66
Wolverine 62, Alba 27
Wyandotte Roosevelt 55, Trenton 51
Wyoming 56, Rockford 48
Yale 66, Algonac 14
Zeeland East 66, Muskegon Mona Shores 50
Zeeland West 48, Comstock Park 45
Zion Christian 42, Holland Black River 31

Tuesday's girls scores
Algonac 58, Kimball New Life Christian 24
Allen Park 38, Gibraltar Carlson 37
Allen Park Cabrini 60, Dearborn Advanced Technology 25
Allendale 50, Montague 36
Bark River-Harris 46, Manistique 30
Battle Creek Lakeview 37, Plainwell 29
Bay City Western 74, Saginaw 42
Big Rapids 41, Sparta 37
Brighton 58, Northville 12
Brimley 41, DeTour 24
Burton Bentley 37, Burton Bendle 29
Byron 72, Mount Morris 15
Cadillac 54, Kingsley 48
Calhoun Christian 52, Jackson Christian 33
Canton Prep 52, Westland Universal 38
Carney-Nadeau 73, Norway 39
Caro 60, Croswell-Lexington 37
Cass City 52, Marlette 45
Centreville 44, Bloomingdale 33
Chesaning 48, Durand 13
Clinton 53, Morenci 40
Clinton Township Chippewa Valley 51, Warren Fitzgerald HS 19
Cooks Big Bay de Noc 58, Hannahville Indian 14
Cooks Big Bay de Noc def. Burt, forfeit
Corunna 41, Holly 38
Crystal Falls Forest Park 69, Eben Junction Superior Central 22
DeWitt 39, Haslett 31
Dearborn 36, Livonia Stevenson 33
Dearborn Divine Child 37, Warren Regina 18
Dearborn Heights Robichaud 27, Hamtramck 24
Decatur 37, Cassopolis 30
Deckerville 41, Brown City 29
Dryden 31, Almont 30
East Grand Rapids 54, Jenison 42
East Jackson 57, Homer 27
Eaton Rapids 35, Jackson Northwest 30
Edwardsburg 65, Mattawan 53
Erie-Mason 69, Hillsdale 32
Evart 33, Farwell 31
Farmington Hills Mercy 46, Bloomfield Hills Marian 34
Flint Beecher 47, Burton Genesee Christian 43
Flint Carman-Ainsworth 58, Saginaw Heritage 39
Flint Kearsley 59, Ortonville Brandon 41
Flushing 62, Clio 18
Frankenmuth 58, Essexville Garber 22
Freeland 54, Alma 42
Galesburg-Augusta 57, Lawton 21
Goodrich 63, Fenton 30
Grand Rapids Union 68, Holland 30
Grand Rapids West Catholic 64, Lowell 43
Grosse Pointe South 60, Warren Cousino HS 50
Grosse Pointe Woods University Liggett 58, Detroit Cristo Rey 14
Gwinn 63, Munising 19
Harbor Light Christian 44, Maplewood Baptist 29
Hart 67, Muskegon Catholic Central 30
Hartland 50, Plymouth 40
Hazel Park 50, Madison Heights 9
Hemlock 57, Saginaw Michigan Lutheran Seminary 51
Hillman 31, Fairview 19
Holland Black River 54, Zion Christian 22
Holton 49, Wyoming Lee 16
Houghton Lake 57, McBain Northern Michigan Christian 28
Howard City Tri-County 59, Lakeview 9
Howell 43, Novi 33
Hurley, Wis. 66, Ironwood City Gogebic Michigan 33
Ithaca 41, St. Louis 13
Kalamazoo Christian 57, Delton Kellogg 28
Kent City 52, Grand River Prep 9
Kingsford 44, West Iron County 42, OT
Kingston 48, Elkton-Pigeon Bay Port Laker 21
Lake City 76, Beal City 24
Lake Fenton 69, Linden 26
Lansing Catholic 69, Fowlerville 31
Leslie 51, Perry 30
Lincoln Park 47, Taylor 42
Lincoln-Alcona 42, Mio-Au Sable 22
Livingston Christian 41, Saline Washtenaw Christian 34
Macomb Dakota 49, Port Huron Northern 34
Macomb L'Anse Creuse North 40, Fraser 14
Manton 64, Leroy Pine River 17
Marine City 57, Macomb L'Anse Creuse North 52
Marine City Cardinal Mooney 44, Clarkston Everest Collegiate 40
Marshall 42, Richland Gull Lake 32
Martin 52, West Michigan Aviation 19
McBain 69, Roscommon 14
Memphis 34, Carsonville-Port Sanilac 22
Midland 72, Gladwin 38
Morrice 55, Burton Atherton 4
Negaunee 47, Ishpeming 23
New Buffalo 43, Watervliet 39
New Haven 50, Clinton Township Clintondale 25
New Lothrop 50, Montrose 15
Niles Brandywine 62, Stevensville Lakeshore 30
Okemos 43, Mason 36
Olivet 48, Vermontville Maple Valley 32
Oscoda 50, Rogers City 26
Otisville Lakeville 54, Ovid-Elsie 5
Parma Western 54, Adrian 34
Pittsford 43, Reading 40
Pontiac Notre Dame Prep 37, Lapeer 36
Reese 48, Sandusky 29
Rochester Adams 62, Farmington 20
Saginaw Arts and Science 61, Bad Axe 43
Saginaw Nouvel 49, Midland Bullock Creek 26
Saginaw Valley Lutheran 54, Carrollton 41
Sand Creek 46, Adrian Madison 29
Sault Ste Marie 57, Petoskey 25
Southfield Bradford Academy 59, Pontiac Academy for Excellence 16
St. Charles 41, Millington 27
St. Clair Shores Lakeview 67, Fair Haven-Anchor Bay 27
St. Joseph 49, Otsego 39
Taylor Prep 44, Detroit University Science 9
Tekonsha 52, Pansophia Academy 11
Three Rivers 66, Berrien Springs 22
Trenton 37, Wyandotte Roosevelt 26
Utica Ford 58, Sterling Heights 16
Vicksburg 55, Portage Northern 12
Warren Lincoln 59, Eastpointe East Detroit 49
Waterford Kettering 42, Milford 40
Wayland Union 46, Kelloggsville 40
Westland Huron Valley Lutheran 46, Bloomfield Hills Roeper 15
White Cloud 39, Shelby 35
White Pigeon 58, Marcellus 39
Whitehall 46, Fruitport 29
Wixom Christian 46, Rochester Hills Lutheran Northwest 34
Zeeland East 38, Muskegon Mona Shores 37

Michigan AP girls basketball poll
Records through Saturday games
The top 10 teams in the Michigan Associated Press high school basketball poll, with records in parentheses. Totals are based on 15 points for a first-place vote, 14 for second,etc.:

Division 1

School	Total	Points
1. East Lansing (6)	(5-0)	90
2. Hartland	(4-0)	84
3. Bloomfield Hills Marian	(5-0)	77
4. Hudsonville	(6-0)	67
5. Flint Carman Ainsworth	(6-0)	65
6. Macomb Dakota	(6-0)	53
7. Midland	(6-0)	52
8. Brighton	(4-0)	45
9. Muskegon Reeths-Puffer	(7-0)	41
10. Detroit Renaissance	(6-1)	32

Others receiving 12 or more votes: 11, East Grand Rapids (5-1) 19, 12, Temperance Bedford (6-0) 16, 13, Farmington Hills Mercy (6-0) 15, 14, Ann Arbor Huron (6-1) 12.

Division 2

School	Total	Points
1. Detroit Edison (5)	(6-0)	89
2. Grand Rapids Christian (1)	(7-0)	85
3. Buchanan	(5-0)	69
4. Williamston	(6-2)	64
5. Three Rivers	(4-0)	63
6. Montague	(6-0)	61
7. Wayland	(6-0)	56
8. Parma Western	(5-1)	45
9. Bay City John Glenn	(6-1)	42
(tie) Menominee	(7-0)	42

Others receiving 12 or more votes: 11, Chelsea (5-1) 31, 12, Eaton Rapids (6-0) 21, 13, Portland (5-1) 17.

Division 3

School	Total	Points
1. Grass Lake (4)	(6-1)	73
2. Pewamo-Westphalia	(4-2)	61
3. Kent City	(6-0)	52
4. Ypsilanti Arbor Preparatory	(6-3)	46
5. Lake City	(5-0)	42
6. Flint Hamady	(4-1)	41
7. Maple City Glen Lake	(4-1)	39
8. Brandywine	**(6-0)**	**36**
9. Manton (1)	(6-0)	33
10. Byron	(5-0)	30

Others receiving 12 or more votes: 11, Gobles (6-0) 26, 12, Royal Oak Shrine (4-2) 25, 13, Springport (5-1) 15, 14, Centreville (6-0) 13.

Division 4

School	Total	Points
1. Adrian Lenawee Christian (4)	(4-1)	60
2. Pittsford	(7-0)	43
3. St. Ignace LaSalle	(4-1)	41
4. Athens	(9-0)	37
5. Fowler	(5-1)	36
(tie) Kingston	(5-0)	36
7. Martin	(6-0)	35
8. Bellaire	(5-0)	33
9. Pickford	(7-0)	32
10. Mt Pleasant Sacred Heart	(6-0)	29

Others receiving 12 or more votes: 11, **Michigan Lutheran (5-0) 18**, 12, Walkerville (6-0) 15, (5-1) Felch North Dickinson 14.

COLLEGE BASKETBALL

Tuesday's men's scores
EAST
Boston College 60, Virginia 53
Brown 79, Johnson & Wales (RI) 53
Cornell 100, SUNY-Purchase 68
Houston 78, Temple 74
Maryland 67, Ohio St. 55
Quinnipiac 80, Rider 61
Rutgers 72, Penn St. 61
Virginia Tech 67, Syracuse 63
SOUTH
East Carolina 62, South Florida 59
Florida 81, South Carolina 68
Kentucky 78, Georgia 69
Louisville 74, Miami 58
MIDWEST
Akron 84, W. Michigan 69
Ball St. 88, Buffalo 68
Bowling Green 78, Miami (Ohio) 76
Cent. Michigan 68, N. Illinois 67
Drake 65, Loyola of Chicago 62
Kent St. 84, Toledo 77
Missouri St. 67, Illinois St. 63
N. Iowa 68, Indiana St. 60
Nebraska 76, Iowa 70
Ohio 74, E. Michigan 68
Providence 81, Marquette 80
S. Illinois 63, Valparaiso 50
TCU 59, Kansas St. 57
Tennessee 69, Missouri 59
Villanova 64, Creighton 59
SOUTHWEST
Baylor 57, Texas Tech 52
Texas A&M 57, Mississippi 47

BIG TEN CONFERENCE

	Conference W	L	Pct	All Games W	L	Pct
Michigan St.	4	0	1.000	12	3	.800
Maryland	3	1	.750	13	2	.867
Rutgers	3	1	.750	12	3	.800
Wisconsin	2	1	.667	9	5	.643
Penn St.	2	2	.500	12	3	.800
Illinois	2	2	.500	10	5	.667
Purdue	2	2	.500	9	6	.600
Minnesota	2	2	.500	8	6	.571
Nebraska	2	2	.500	7	8	.467
Indiana	1	2	.333	11	3	.786
Michigan	1	2	.333	10	4	.714
Ohio St.	1	3	.250	11	4	.733
Iowa	1	3	.250	10	5	.667
Northwestern	0	3	.000	5	8	.385

Tuesday's Games
Maryland 67, Ohio St. 55
Rutgers 72, Penn St. 61
Nebraska 76, Iowa 70
Today's Games
Northwestern at Indiana, 7 p.m.
Illinois at Wisconsin, 9 p.m.
Thursday's Games
Purdue at Michigan, 7 p.m.
Minnesota at Michigan St., 9 p.m.
Friday's Games
Maryland at Iowa, 7 p.m.

NBA

EASTERN CONFERENCE
Atlantic Division

	W	L	Pct	GB
Boston	25	9	.735	—
Toronto	24	13	.649	2½
Philadelphia	24	14	.632	3
Brooklyn	16	20	.444	10
New York	10	26	.278	16
Southeast Division				
Miami	26	10	.722	—
Orlando	17	20	.459	9½
Charlotte	15	24	.385	12½
Washington	12	24	.333	14
Atlanta	8	29	.216	18½
Central Division				
Milwaukee	32	6	.842	—
Indiana	23	14	.622	8½
Detroit	14	24	.368	18
Chicago	13	24	.351	18½
Cleveland	10	27	.270	21½
WESTERN CONFERENCE				
Southwest Division				
Houston	24	11	.686	—
Dallas	23	13	.639	1½
San Antonio	15	20	.429	9
Memphis	16	22	.421	9½
New Orleans	12	25	.324	13
Northwest Division				
Denver	25	11	.694	—
Utah	24	12	.667	1
Oklahoma City	21	16	.568	4½
Portland	16	22	.421	10
Minnesota	14	22	.389	11
Pacific Division				
L.A. Lakers	29	7	.806	—
L.A. Clippers	26	12	.684	4
Sacramento	15	23	.395	15
Phoenix	14	23	.378	15½
Golden State	9	29	.237	21

Monday's Games
Washington 99, Boston 94
Orlando 101, Brooklyn 89
Indiana 115, Charlotte 104
Philadelphia 120, Oklahoma City 113
Denver 123, Atlanta 115
Utah 128, New Orleans 126
Dallas 118, Chicago 110
San Antonio 126, Milwaukee 104
Sacramento 111, Golden State 98
Tuesday's Games
Detroit 115, Cleveland 113
Portland 101, Toronto 99
Oklahoma City 111, Brooklyn 103, OT
Memphis 119, Minnesota 112
Sacramento 114, Phoenix 103
New York at L.A. Lakers
Today's Games
Miami at Indiana, 7 p.m.
San Antonio at Boston, 7 p.m.
Toronto at Charlotte, 7 p.m.
Washington at Orlando, 7 p.m.
Denver at Dallas, 7:30 p.m.
Houston at Atlanta, 7:30 p.m.
Chicago at New Orleans, 8 p.m.
New York at Utah, 9 p.m.
Milwaukee at Golden State, 10 p.m.

PISTONS 115, CAVALIERS 113

DETROIT (115)
Doumbouya 6-9 3-4 15, Snell 7-10 0-0 18, Drummond 8-12 7-9 23, Brown 3-11 3-3 9, Mykhailiuk 4-12 0-0 12, Wood 2-7 1-1 6, Maker 2-4 0-0 5, Galloway 1-5 0-0 3, Rose 9-21 4-4 24. Totals 42-91 18-21 115.
CLEVELAND (113)
Love 12-15 2-2 30, Osman 7-16 1-1 17, Thompson 3-7 2-2 8, Garland 4-12 4-4 14, Sexton 7-19 5-6 20, Wade 1-1 0-0 3, Zizic 2-3 1-1 5, Dellavedova 1-3 0-0 3, Knight 5-9 0-0 13. Totals 42-85 15-16 113.

Detroit	**27**	**27**	**30**	**31**	**— 115**
Cleveland	**29**	**38**	**28**	**18**	**— 113**

3-Point Goals-Detroit 13-33 (Snell 4-6, Mykhailiuk 4-10, Rose 2-5, Galloway 1-3, Maker 1-3, Wood 1-4), Cleveland 14-31 (Love 4-6, Knight 3-7, Garland 2-5, Osman 2-7, Dellavedova 1-2, Sexton 1-3). Fouled Out-None. Rebounds-Detroit 40 (Drummond 20), Cleveland 46 (Thompson 15). Assists-Detroit 26 (Brown, Rose 7), Cleveland 29 (Dellavedova 9). Total Fouls-Detroit 15, Cleveland 19. A-17,274 (19,432)

NHL

EASTERN CONFERENCE
Atlantic Division

Boston	44	25	8	11	61	146	113
Tampa Bay	42	25	13	4	54	156	127
Toronto	44	24	15	5	53	159	141
Florida	43	22	16	5	49	153	146
Buffalo	43	19	17	7	45	127	135
Montreal	44	18	19	7	43	139	143
Ottawa	43	16	22	5	37	118	149
Detroit	44	11	30	3	25	96	168
Metropolitan Division							
Washington	44	30	9	5	65	161	130
N.Y. Islanders	42	27	12	3	57	120	108
Pittsburgh	42	25	12	5	55	142	113
Carolina	43	25	16	2	52	145	123
Philadelphia	43	22	15	6	50	137	134
Columbus	43	20	15	8	48	113	118
N.Y. Rangers	42	20	18	4	44	138	141
New Jersey	42	15	20	7	37	109	148
WESTERN CONFERENCE							
Central Division							
St. Louis	44	27	10	7	61	138	121
Colorado	44	25	15	4	54	159	130
Dallas	42	24	14	4	52	115	104
Winnipeg	43	23	16	4	50	133	131
Minnesota	43	20	17	6	46	133	144
Nashville	42	19	16	7	45	144	143
Chicago	44	19	19	6	44	128	143
Pacific Division							
Vegas	45	24	15	6	54	144	133
Arizona	45	25	16	4	54	133	114
Edmonton	45	23	17	5	51	137	142
Calgary	45	23	17	5	51	125	135
Vancouver	43	23	16	4	50	143	134
San Jose	45	19	22	4	42	121	151
Anaheim	42	17	20	5	39	110	132
Los Angeles	44	17	23	4	38	112	140

NOTE: Two points for a win, one point for overtime loss. Top three teams in each division and two wild cards per conference advance to playoffs.
Monday's Games
Winnipeg 3, Montreal 2
N.Y. Islanders 1, Colorado 0
Edmonton 6, Toronto 4
Columbus 4, Los Angeles 2
Tuesday's Games
Carolina 5, Philadelphia 4, OT
Arizona 5, Florida 2
N.Y. Islanders 4, New Jersey 3, OT
Tampa Bay 9, Vancouver 2
Washington 6, Ottawa 1
Detroit 4, Montreal 3
N.Y. Rangers 5, Colorado 3
Boston 6, Nashville 2
St. Louis 3, San Jose 2
Calgary 2, Chicago 1
Columbus at Anaheim
Pittsburgh at Vegas
Today's Games
Washington at Philadelphia, 7:30 p.m.
Winnipeg at Toronto, 7:30 p.m.
Dallas at Los Angeles, 10 p.m.

RED WINGS 4, CANADIENS 3

Montreal	**1**	**1**	**1**	**—**	**3**
Detroit	**0**	**1**	**3**	**—**	**4**

First Period-1, Montreal, Lehkonen 10, 12:48 (sh). Penalties-Weise, Mon (Interference), 8:29; Cousins, Mon (Cross Checking), 12:13; Bowey, Det (Tripping), 14:29; Tatar, Mon (Unsportsmanlike Conduct), 19:46.
Second Period-2, Montreal, Suzuki 8 (Kovalchuk, Domi), 6:31 (pp). 3, Detroit, Nielsen 2 (Smith, Bowey), 12:22. Penalties-Erne, Det (Roughing), 5:12; Nemeth, Det (Boarding), 6:04; Montreal bench, served by Cousins (Faceoff Violation), 10:16.
Third Period-4, Detroit, Fabbri 11 (Bertuzzi, Larkin), 0:51. 5, Montreal, Mete 4 (Suzuki, Kovalchuk), 6:13. 6, Detroit, Nielsen 3 (Green, Helm), 11:19. 7, Detroit, Zadina 5 (Filppula, Erne), 16:08. Penalties-Abdelkader, Det (Interference), 2:23; Nemeth, Det (Slashing), 6:44.
Shots on Goal-Montreal 6-10-10-26. Detroit 12-11-7-30.
Power-play opportunities-Montreal 1 of 5; Detroit 0 of 4.
Goalies-Montreal, Lindgren 0-2-0 (30 shots-26 saves). Detroit, Bernier 9-12-2 (26-23).
A-17,538 (20,000). T-2:28.
Referees-Garrett Rank, Graham Skilliter. Linesmen-Devin Berg, Ryan Gibbons.

FLAMES 2, RED WINGS 1

Calgary	**0**	**2**	**0**	**—**	**2**
Chicago	**1**	**0**	**0**	**—**	**1**

First Period-1, Chicago, Kubalik 13 (Kane, Boqvist), 19:28. Penalties-Hanifin, Cal (High Sticking), 3:54.
Second Period-2, Calgary, Lindholm 17 (Brodie, Tkachuk), 0:14. 3, Calgary, Lindholm 18 (Tkachuk), 16:01. Penalties-Chicago bench, served by Quenneville (Too Many Men on the Ice), 10:52; Smith, Chi (High Sticking), 11:47.
Third Period-None. Penalties-Gustafsson, Chi (Tripping), 2:08; Smith, Chi (Slashing), 2:51; Hamonic, Cal (Hooking), 13:22.
Shots on Goal-Calgary 6-14-8-28. Chicago 14-12-6-32.
Power-play opportunities-Calgary 0 of 4; Chicago 0 of 2.
Goalies-Calgary, Talbot 5-7-0 (32 shots-31 saves). Chicago, Crawford 7-12-2 (28-26).
A-21,274 (19,717). T-2:21.
Referees-Steve Kozari, Dean Morton. Linesmen-Travis Gawryletz, Darren Gibbs.

TRANSACTIONS

BASEBALL
American League
BALTIMORE ORIOLES — Designated RHP Eric Hanhold for assignment. Agreed to terms with INF José Iglesias on a one-year contract.
LOS ANGELES ANGELS — Agreed to terms C Jason Castro on a one-year contract. Designated LHP Adalberto Mejía for assignment.
National League
LOS ANGELES DODGERS — Agreed to terms with RHP Jimmy Nelson on a one-year contract.
MIAMI MARLINS — Designated RHP Austin Brice for assignment. Agreed to terms with OF Corey Dickerson on a two-year contract. Named James Rowson bench coach, Billy Hatcher first base/outfield coach, Wellington Cepeda bullpen coach and Eddy Rodriguez catching coach.
PITTSBURGH PIRATES — Named Mike Rabelo assistant hitting coach.
SAN FRANCISCO GIANTS — Named Antoan Richardson first base, outfield and baserunning coach and Nick Ortiz quality assurance coach.
WASHINGTON NATIONALS — Agreed to terms with 2B Starlin Castro on a two-year contract.
BASKETBALL
National Basketball Association
GOLDEN STATE WARRIORS — Waived F Marquese Chriss.
FOOTBALL
National Football League
CAROLINA PANTHERS — Named Matt Rhule coach. Signed DE Efe Obada to a one-year contract extension.
DALLAS COWBOYS — Named Mike McCarthy coach.
DETROIT LIONS — Promoted Hank Fraley to offensive line coach and Billy Yates to assistant offensive line coach. Signed RB Tra Carson to a reserve/future contract.
INDIANAPOLIS COLTS — Signed OT Brandon Hitner to a reserve/future contract.
KANSAS CITY CHIEFS — Placed DB Juan Thornhill on IR. Signed G Ryan Hunter.
NEW ENGLAND PATROITS — Signed DL Tashawn Bower to a future contract.
OAKLAND RAIDERS — Signed CB Dylan Mabin to a reserve/future contract.
PHILADELPHIA EAGLES — Signed TE Alex Ellis, DT Albert Huggins, QB Kyle Lauletta, C Keegan Render, CB Tremon Smith and WRs River Cracraft, Marcus Green and Marken Michel to reserve/future contracts.
TAMPA BAY BUCCANEERS — Signed OLB Quinton Bell, C Anthony Fabiano, S Deiondre' Hall, DL Jeremiah Ledbetter, TE Jordan Leggett, CB Herb Miller, OT Brad Seaton and RB Aca'Cedric Ware to reserve/future contracts.
WASHINGTON REDSKINS — Named Dr. Kevin Wilk medical consultant.
HOCKEY
National Hockey League
ANAHEIM DUCKS — Reassigned RW Kiefer Sherwood to San Diego (AHL).
BUFFALO SABRES — Recalled D Lawrence Pilut from Rochester (AHL).
DALLAS STARS — Recalled D Joel Hanley from Texas (AHL). Placed D John Klingberg on injured reserve, retroactive to Jan. 1.
LOS ANGELES KINGS — Assigned D Kale Clague to Ontario (AHL).
NASHVILLE PREDATORS — Named John Hynes coach. Acquired F Michael McCarron from the Montreal Canadiens for F Laurent Dauphin.
SOCCER
Major League Soccer
LOS ANGELES FC — Announced that the club and F Rodolfo Zelaya have mutually agreed to part ways.
NEW YORK CITY — Named Matt Goodman chief operating officer and chief commercial officer.
NEW YORK RED BULLS — Signed Ms Jared Stroud and Chris Lema.
VANCOUVER WHITECAPS — Named Mark Pannes CEO.
National Women's Soccer League
NWSL — Announced the resignation of president Amanda Duffy to become executive vice president of Orlando City, effective Feb. 15.
WASHINGTON SPIRIT — Signed M Jaye Boissiere.

HIGH SCHOOL SCOREBOARD

By HP STAFF

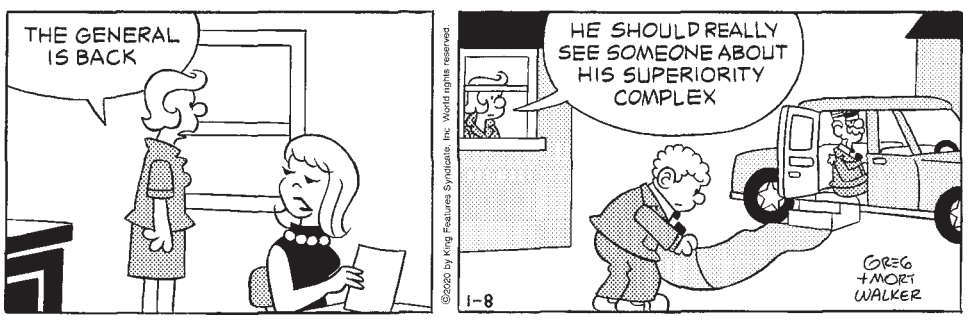
BOYS BASKETBALL

BENTON HARBOR 81, BC CENTRAL 52

BENTON HARBOR (81)
Kentrell Pullian 4 0-0 11, Quindarius Davis 9 0-0 22, Delricco Gillespie 4 0-0 8, Trucel Singleton 3 2-3 10, Carlos Johnson 5 2-3 13, Joseph Johnson 1 0-0 2, Tyler Meeks 1 0-0 2, Greg Cooper 4 1-2 9, Louis Johnson 2 0-0 4. Totals: 33 5-8 81.
BC CENTRAL (52)
Kieaunta Whitaker 1 2-2 4, Tyree Young 4 0-0 11, Kylon Wilson 8 0-0 19, Kemarion Tucker 2 0-0 4, Melvin Nelson 5 0-3 12, Kyler Granger 1 0-0 2. Totals: 21 2-5 52.

B. Harbor	**19**	**16**	**29**	**17**	**— 81**
BC Central	**9**	**10**	**12**

BEETLE BAILEY


THE GENERAL IS BACK
HE SHOULD REALLY SEE SOMEONE ABOUT HIS SUPERIORITY COMPLEX
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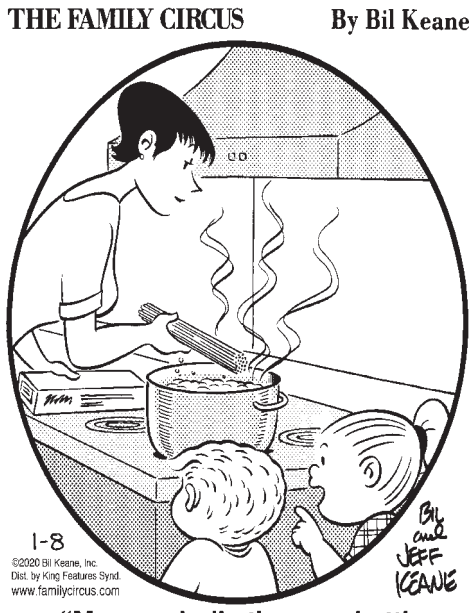
1-8
GREG + MORT WALKER

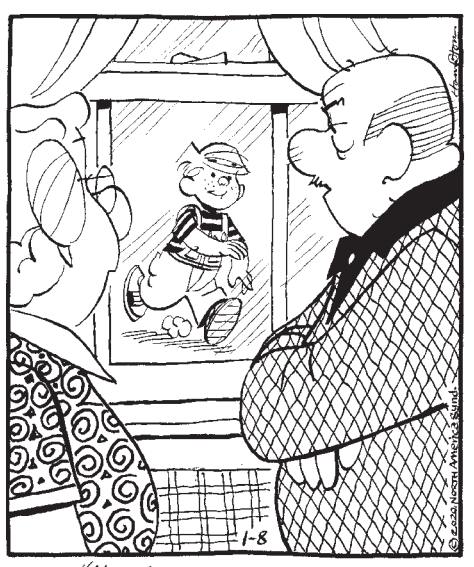
THE FAMILY CIRCUS

By Bil Keane



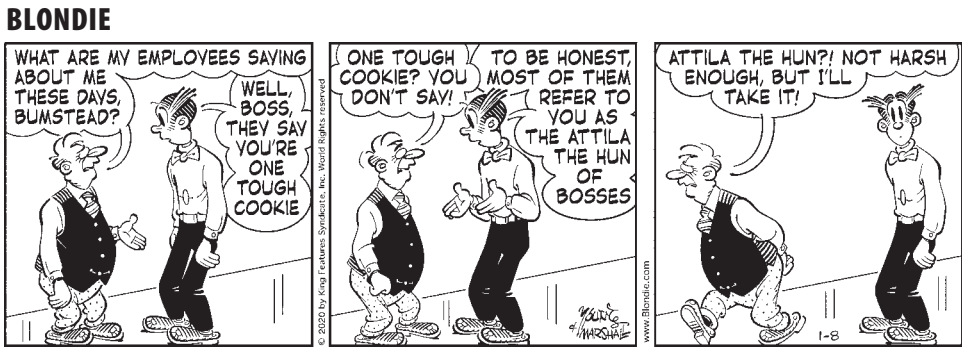
"Mommy boils the pasghetti so it can become a noodle."

DENNIS THE MENACE



"HIS MOM MUST BE WORN OUT... NOW IT'S MY TURN."

BLONDIE


WHAT ARE MY EMPLOYEES SAYING ABOUT ME THESE DAYS, BUMSTEAD?
WELL, BOSS, THEY SAY YOU'RE ONE TOUGH COOKIE
ONE TOUGH COOKIE? YOU DON'T SAY!
TO BE HONEST, MOST OF THEM REFER TO YOU AS THE ATTILA THE HUN OF BOSSES
ATTILA THE HUN?! NOT HARSH ENOUGH, BUT I'LL TAKE IT!
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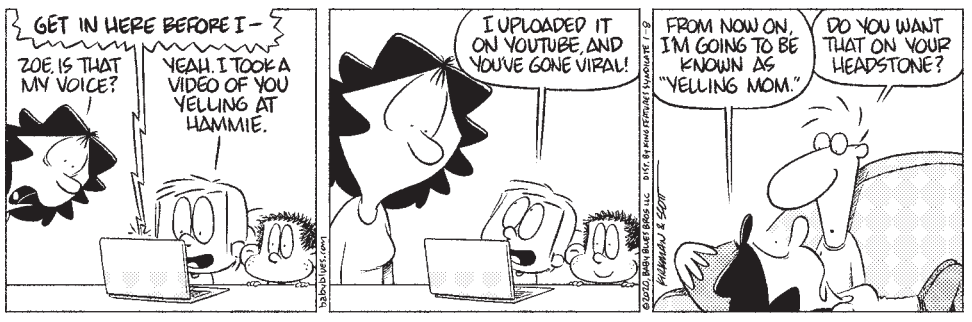
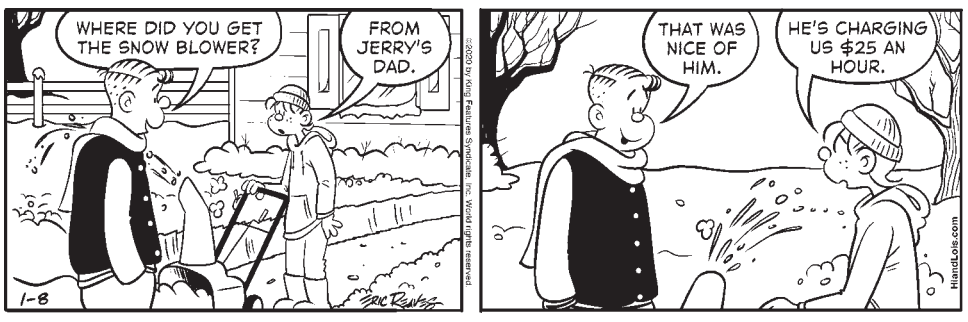
www.Blondie.com
YOUNG & MARSHALL
1-8

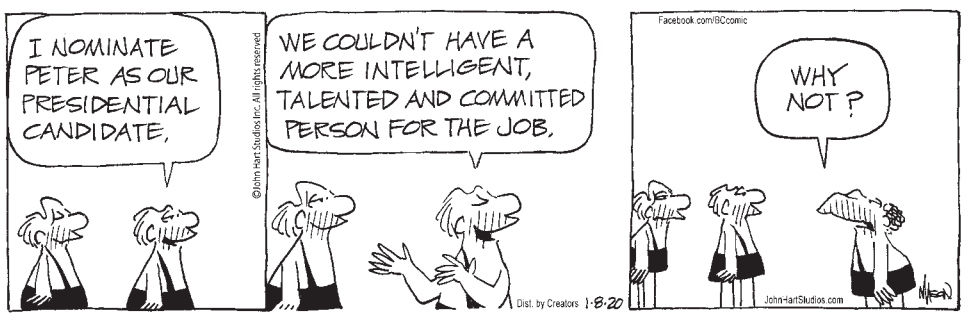
BABY BLUES


GET IN HERE BEFORE I –
ZOE, IS THAT MY VOICE?
YEAH. I TOOK A VIDEO OF YOU YELLING AT HAMMIE.
I UPLOADED IT ON YOUTUBE, AND YOU'VE GONE VIRAL!
FROM NOW ON, I'M GOING TO BE KNOWN AS "YELLING MOM."
DO YOU WANT THAT ON YOUR HEADSTONE?
©2020 BABY BLUES BOOKS LLC DIST. BY KING FEATURES SYNDICATE 1-9
RIDGMAN & SCOTT

HI & LOIS



BC


I NOMINATE PETER AS OUR PRESIDENTIAL CANDIDATE,
WE COULDN'T HAVE A MORE INTELLIGENT, TALENTED AND COMMITTED PERSON FOR THE JOB,
©John Hart Studios Inc. All rights reserved
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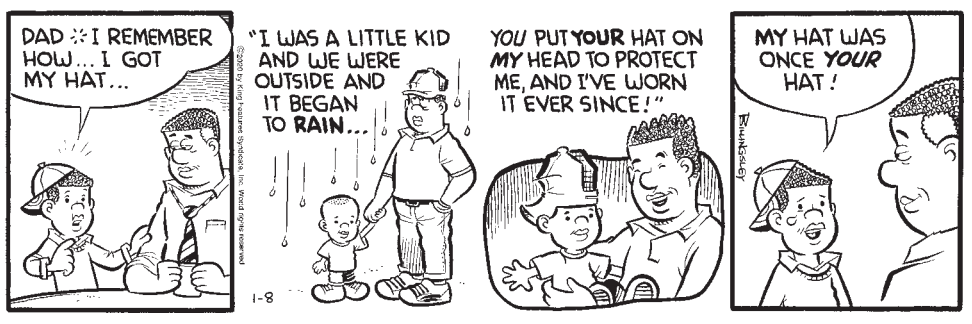
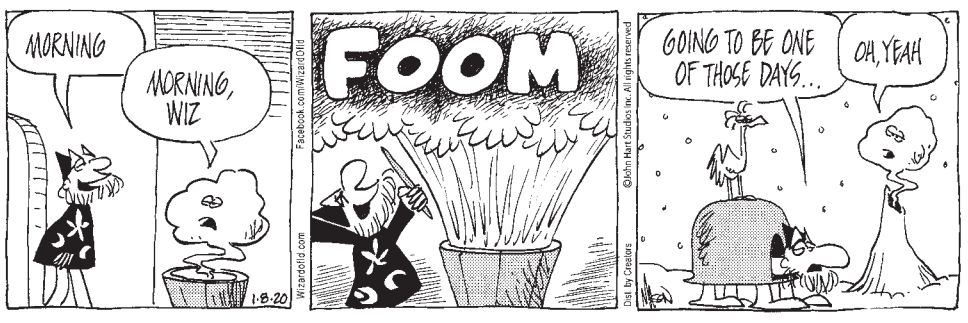
WHY NOT?
John-HartStudios.com

CURTIS


DAD ☆ I REMEMBER HOW... I GOT MY HAT...
"I WAS A LITTLE KID AND WE WERE OUTSIDE AND IT BEGAN TO RAIN...
YOU PUT YOUR HAT ON MY HEAD TO PROTECT ME, AND I'VE WORN IT EVER SINCE!"
1-8
MY HAT WAS ONCE YOUR HAT!
RICHARDS-KEY

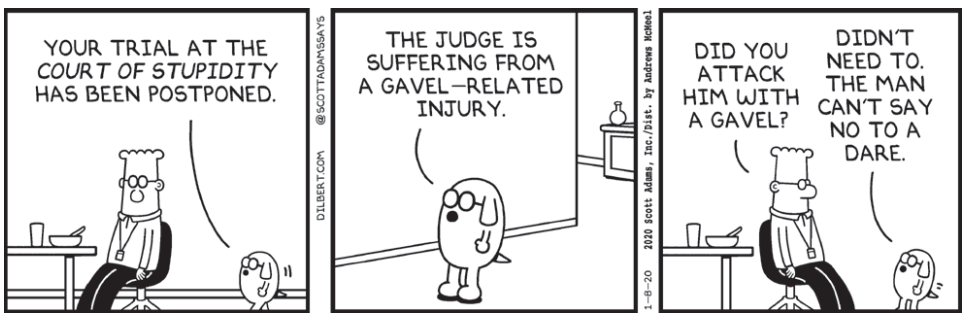
WIZARD OF ID



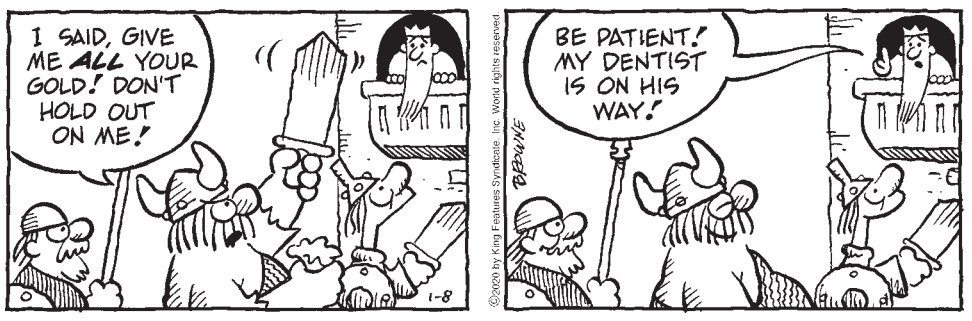
ZITS

HEY, MOM.
SO A STORM BLEW IN AND THEY CLOSED THE HIGHWAY.
I'M NOT SURE WHERE WE ARE.
DO YOU SEE A SIGN ANYWHERE?
YEAH. THERE'S ONE UP AHEAD.
IT SAYS, "NOWHERE."
WAKARUSA NAPPANEE WAWASEE
GNAW BONE LOOGOOTEE TOAD HOP
1-8
SCOTT & BORGMAN
Zitscomics.com

DILBERT


YOUR TRIAL AT THE COURT OF STUPIDITY HAS BEEN POSTPONED.
DILBERT.COM @SCOTTADAMSSAYS
THE JUDGE IS SUFFERING FROM A GAVEL-RELATED INJURY.
DID YOU ATTACK HIM WITH A GAVEL?
DIDN'T NEED TO. THE MAN CAN'T SAY NO TO A DARE.
1-8-20 2020 Scott Adams, Inc./Dist. by Andrews McMeel

HAGAR THE HORRIBLE


I SAID, GIVE ME ALL YOUR GOLD! DON'T HOLD OUT ON ME!
1-8
BE PATIENT! MY DENTIST IS ON HIS WAY!
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GARFIELD

CAT TV WILL BE RIGHT BACK
SNACK TIME
CLICK
NEXT UP ON TEDDY BEAR TV..."HONEY WORLD"!
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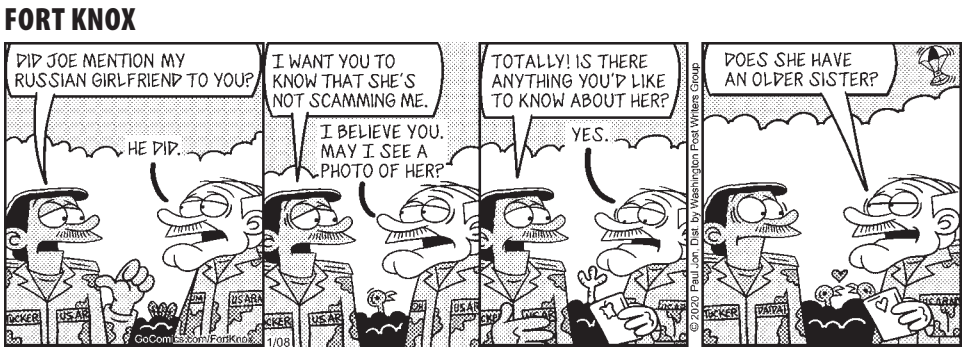
MOTHER GOOSE & GRIMM

FORT KNOX


DID JOE MENTION MY RUSSIAN GIRLFRIEND TO YOU?
HE DID.
I WANT YOU TO KNOW THAT SHE'S NOT SCAMMING ME.
I BELIEVE YOU. MAY I SEE A PHOTO OF HER?
TOTALLY! IS THERE ANYTHING YOU'D LIKE TO KNOW ABOUT HER?
YES.
DOES SHE HAVE AN OLDER SISTER?
GoComics.com/FortKnox 1/08
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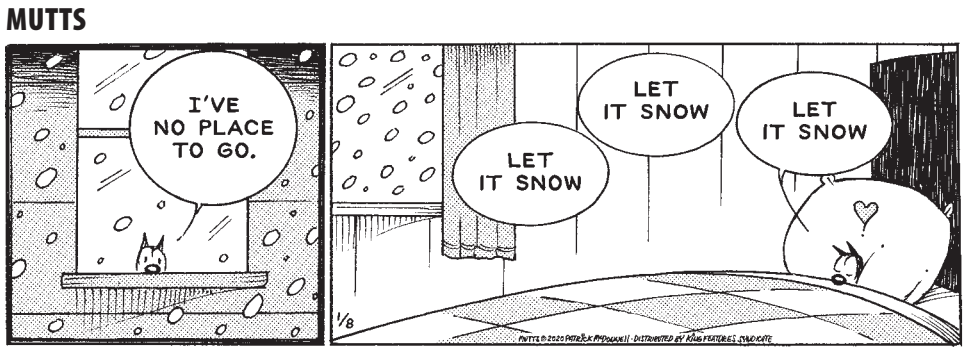
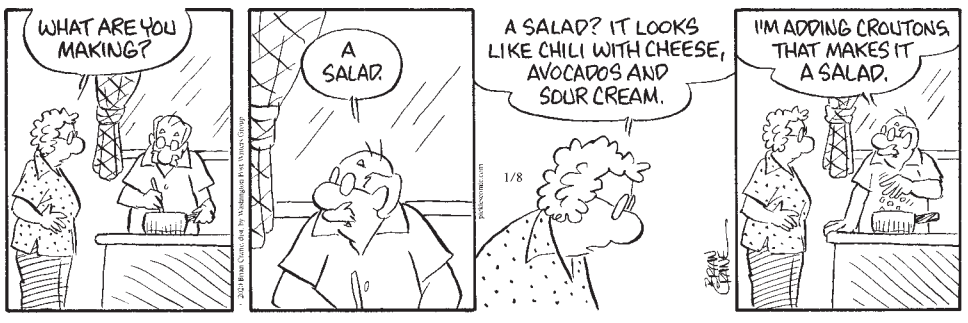
MUTTS



PICKLES


WHAT ARE YOU MAKING?
A SALAD.
A SALAD? IT LOOKS LIKE CHILI WITH CHEESE, AVOCADOS AND SOUR CREAM.
I'M ADDING CROUTONS THAT MAKES IT A SALAD.
1/8
jackcorner.com

SALLY FORTH

AND DONE. WHAT DO YOU THINK?
I'LL KNOW BETTER WHEN I SEE IT WITH THE WALL PAINT.
BUT THE WALL PAINT IS RIGHT THERE! THERE IS THE PAINT ON THE WALL! I'M GOING TO KEEP POINTING AT AND TALKING ABOUT THE WALLS TO PUT OFF THE INEVITABLE WISH TO REPAINT THE ROOM.
WE'LL JUST LOOK AT A FEW COLOR SWATCHES.
KEEFE
1-8
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The weekend awaits ...
... what will you be doing?
Find information on local shows, community theater, art exhibits, musical acts, festivals, nightlife, movies and more every Thursday in Entertainment.
hp

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LEGALS

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Electronic contract documents can be obtained online from the Abonmarche website, found at http://www.abonmarche.com/bids. There is no fee for registration on the plan holder's list and download of electronic bidding documents. Hard copies are available from ABONMARCHE, 95 W. Main Street, Benton Harbor, Michigan, 49022 (269) 927-2295. The fee for obtaining a hard copy documents is Thirty-five Dollars ($35.00). An additional Ten Dollars ($10.00) will be charged for plans requiring shipping.

STATE OF MICHIGAN
COUNTY OF BERRIEN
Trial Court-
Family Division

PUBLICATION OF HEARING (NOTICE TO PUTATIVE FATHER)

CASE NO. 2019-0090-NA-M

Courthouse, 811 Port Street, St. Joseph, Michigan 49085
269-982-8613

LEGALS

IN THE MATTER OF: Danjour Gage Main

TAKE NOTICE:
A petition has been filed with this court regarding the following minor(s):
Danjour Gage Main
was born on September 13, 2019 at LaPorte Hospital in LaPorte, Indiana.
The mother of the minor(s) is Tiffany Denise Main. If you are or may be the natural father, you should appear at Berrien County Courthouse 811 Port Street St. Joseph, MI 49085, Courtroom 405 on Wednesday, January 29, 2020 at 10:00 am to state any interest you may have in the minor(s).

Failure to appear at this hearing is a denial of interest in the minor(s), waiver of notice for all subsequent hearings, and a waiver of a right to appointment of an attorney. Failure to appear at this hearing **COULD RESULT IN PERMANENT TERMINATION OF PARENTAL RIGHTS.**

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Kalamazoo, MI

Journeyman Electrician

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To be successful, the candidate must possess excellent communications skills, being able to clearly and effectively communicate with peers, other departments, and supervision spanning multiple shifts.
Requirements
• Journeyman Electrician state license (Industrial).
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• Experience with Class 1 Div. 1, Class 2 Div. 2, and Intrinsically Safe requirements.

Desired:
• Five (5) years of Journeyman Electrician experience.
• Three (3) years of instrumentation calibration.
• Well versed in good documentation recording practices.
• Background in CMMS systems and their function in the plant.
• Basic understanding of the requirements of Arc Flash.
• Basic understanding of Process Safety Management (PSM).
• Preferred background in Quality Assurance, Food Defense, and Safe Quality Foods.
• Well versed in the requirements of OSHA and MIOSHA as they apply to the Journeyman Electrician position. This includes Lock Out Tag Out (LOTO).
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HOROSCOPE

BY EUGENIA LAST

WEDNESDAY, JANUARY 8

Pay closer attention to how you look and feel this year. Taking better care of yourself will ensure that you have the energy and means to follow through with your plans. Look at change as a tool to help you get what you want.

CAPRICORN (Dec. 22-Jan. 19) Start a routine geared toward better health, greater stamina and less stress. Keep your feelings and opinions secret. Don't trust anyone with your money or possessions.

AQUARIUS (Jan. 20-Feb. 19) Keep busy. Make adjustments to your living quarters that will encourage you to pursue something that will add to your skills, appearance or intelligence. Romance is on the rise.

PISCES (Feb. 20-March 20) Don't share your opinions with everyone. If you can avoid an argument, you are best off doing so. If you contribute to a cause you believe in, something good will transpire.

ARIES (March 21-April 19) Take a look at what's available to you and enhance your life. Changing your course should help you either cut your overhead or bring in more money. Reach out romantically to a loved one.

TAURUS (April 20-May 20) Keep your life simple, focused and practical. If you take on too much, you will fall short of your expectations. Live within your means. Change only what isn't working.

GEMINI (May 21-June 20) Size up your situation and set boundaries to protect yourself from being taken for granted. Stay one step ahead of anyone trying to undermine you. Romance is featured.

CANCER (June 21-July 22) Take inventory and do things your way. Have a plan in place and stick to what's important to you. Live within your means and take care of financial and legal matters personally.

LEO (July 23-Aug. 22) Take care of responsibilities. A little relaxation will ease stress. A romantic gesture will bring you closer to someone you love.

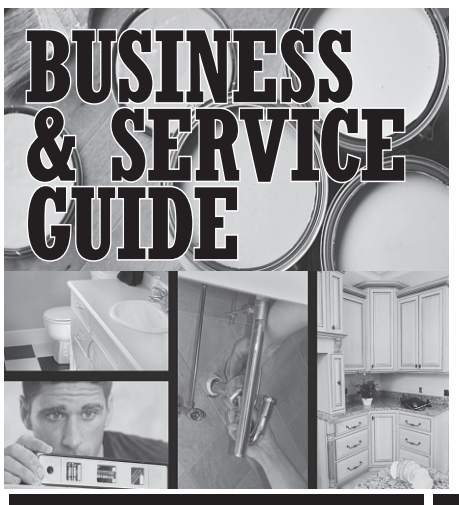
VIRGO (Aug. 23-Sept. 22) Steer clear of explosive situations. You have better things to do with your time than argue with opinionated people. Make plans with like-minded folks.

LIBRA (Sept. 23-Oct. 23) Pay more attention to the way you look, how you feel and the people you love. Refuse to get dragged into someone else's dilemma. Moderation is encouraged.

SCORPIO (Oct. 24-Nov. 22) You've got plenty to gain if you implement a change that will affect where or how you live. If you take the most intriguing path, the experience will encourage personal growth.

SAGITTARIUS (Nov. 23-Dec. 21) Listen carefully, decide who is trustworthy and proceed with caution. Protect your reputation, possessions and assets. Someone will be unreliable and manipulative, offering false accusations. Update your image.

BUSINESS & SERVICE GUIDE



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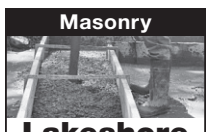

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Kalamazoo, MI

Instrumentation Technician

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Specific job functions include but are not limited to:
(1) Troubleshooting and repair of the plant PLC systems, including Allen Bradly and Opto22.
(2) Troubleshooting and repair of plant instrumented systems. (3) Be able to read, interpret, and mark up for revision, P&ID, Electrical, and Loop drawings.
(4) Calibration of gauges, transmitters, switches, and controllers in Class 1 Div. 1 hazardous locations.
(5) Maintain NIST tracible documentation for all calibrations. (6) Test and document the safety instrumented function (SIF) of instruments.
The ideal candidate will possess advanced problem-solving skills including the ability to think critically about difficult challenges, determine the root cause of problems hindering production and Process Safety Management (PSM), and apply sound strategies to solve them through the Management of Change (MOC) process.
To be successful, the candidate must possess excellent communications skills, being able to clearly and effectively communicate with peers, other departments, and supervision spanning multiple shifts.
Requirements
• Associate degree in Instrument and (Process) Control (I&C) or equivalent.
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• Have a good understanding of the physical properties of flow, level, temperature, and pressure, and how these properties interact and affect instrumentation and processes.
• Experience in troubleshooting with an understand of troubleshooting best practices for manufacturing systems and equipment.
• Must be able to read P&ID's, electrical diagrams/drawings, schematics, and loop drawings.

Desired:
• Five (5) years of calibration experience.
• Five (5) years of troubleshooting instrumentation and process control systems.
• Well versed in good documentation recording practices.
• Background in CMMS systems and their function in the plant.
• Experience with Class 1 Div. 1, Class 2 Div. 2, and Intrinsically Safe requirements as it applies to instrumentation.
• Basic understanding of the requirements of Arc Flash.
• Basic understanding of Process Safety Management (PSM).
• Preferred background working with Quality Assurance, Food Defense, and Safe Quality Foods.
• Well versed in the requirements of OSHA and MIOSHA this includes Lock Out Tag Out (LOTO).
• Well versed in computer software, MS Office, and MS Outlook.

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January 2020
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HEALTH MONTHLY

The Montessori approach

PINE RIDGE TRYING NEW METHOD TO INTERACT WITH DEMENTIA PATIENTS

Page 4

TIPS FOR EXERCISING OUTDOORS IN THE WINTER

Page 2

The father of preventive medicine is still going strong at 100 years old

Page 6

Tips for exercising outdoors in winter

Getty Images

By MAYO CLINIC NEWS NETWORK (TNS)

Frigid temperatures can discourage even the most motivated exercisers. Without motivation, it's easy to pack away your workout gear for the winter.

But you don't have to let cold weather spell the end of your fitness routine. Try these tips for exercising during cold weather to stay fit, motivated and warm.

Exercise is safe for almost everyone, even in cold weather. But if you have certain conditions, such as asthma, heart problems or Raynaud's disease, check with your doctor first to review any special precautions you need based on your condition or your medications.

Check the forecast before heading outside. Temperature, wind and moisture, along with the length of time that you'll be outside, are key factors in planning a safe cold-weather workout.

Wind and cold together make up the wind chill, a common element in winter weather forecasts. Wind chill extremes can make exercising outdoors unsafe even with warm clothing.

The wind can penetrate your clothes and remove the insulating layer of warm air that surrounds your body. Any exposed skin is vulnerable to frostbite.

The risk of frostbite is less than 5 percent when the air temperature is above 5 degrees, but the risk rises as the wind chill falls.

At wind chill levels below minus-18 degrees, frostbite can occur on exposed skin in 30 minutes or less.

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Volume 18, Number 1

David Holgate — Publisher
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Health Monthly is published by The Herald-Palladium on the second Wednesday of each month and is distributed free to health facilities in Southwest Michigan.

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If the temperature dips below 0 degrees or the wind chill is extreme, consider taking a break or choosing an indoor exercise instead. Consider putting off your workout if it's raining or snowing unless you have waterproof gear.

Getting wet makes you more vulnerable to the cold. And if you get soaked, you may not be able to keep your core body temperature high enough.

Know the signs of frostbite and hypothermia

Frostbite is an injury to the body that is caused by freezing. Frostbite is most common on exposed skin, such as your cheeks, nose and ears. It can also occur on hands and feet.

Early warning signs include numbness, loss of feeling or a stinging sensation.

Immediately get out of the cold if you suspect frostbite. Slowly warm the affected area – but don't rub it because that can damage your skin. Seek emergency care if numbness doesn't go away.

Hypothermia is abnormally low body temperature. When exposed to cold temperatures, your body begins to lose heat faster than it can be produced.

Exercising in cold, rainy weather increases the risk of hypothermia. Older adults and young children are at greater risk.

Hypothermia signs and symptoms include: Intense shivering, slurred speech, loss of coordination and fatigue.

Seek emergency help right away for possible hypothermia.

Dress in layers

Dressing too warmly is a big mistake when exercising in cold weather.

Exercise generates a considerable amount of heat – enough to make you feel like it's much warmer than it really is. The evaporation of sweat, however, pulls heat from your body and you feel chilled.

The solution?

Dress in layers that you can remove as soon as you start to sweat and then put back on as needed.

First, put on a thin layer of synthetic material, such as polypropylene, which draws sweat away from your body. Avoid cotton, which stays wet next to your skin.

Next, add a layer of fleece or wool for insulation. Top this with a waterproof, breathable outer layer.

You may need to experiment to find the right combination of clothing for you based on your exercise intensity. If you're lean, you may need more insulation than someone who is heavier.

Keep in mind that stop-and-go activities, such as mixing walking with running, can make you more vulnerable to the cold if you repeatedly work up a sweat and then get chilly.

Dreamstime / TNS

Drink plenty of fluids

Don't forget about hydration, as it's just as important during cold weather as it is in the heat.

Drink water or sports drinks before, during and after your workout, even if you're not really thirsty.

You can become dehydrated in the cold from sweating, breathing, the drying power of the winter wind and increased urine production, but it may be harder to notice during cold weather.

Protect your head, hands, feet and ears

When it's cold, blood flow is concentrated in your body's core, leaving your head, hands and feet vulnerable to frostbite.

Wear a thin pair of glove liners made of a wicking material (such as polypropylene) under a pair of heavier gloves or mittens lined with wool or fleece. Put on the mittens or gloves before your hands become cold and then remove the outer pair when your hands get sweaty.

Consider buying exercise shoes a half size or one size larger than usual to allow for thick thermal socks or an extra pair of regular socks.

And don't forget a hat to protect your head or headband to protect your ears. If it's very cold, consider wearing a scarf or ski mask to cover your face.

Don't forget your safety gear and sunscreen

If it's dark when you exercise outside, wear reflective clothing. And if you ride a bike, both headlights and taillights are a good idea. To stay steady on your feet, choose footwear with enough traction to prevent falls, especially if it's icy or snowy.

Wear a helmet while skiing, snowboarding and snowmobiling. Consider using chemical heat packs to warm up your hands or feet, especially if you have a tendency to have cold fingers and toes or if you have a condition such as Raynaud's disease.

It's as easy to get sunburned in winter as in summer – even more so if you're exercising in the snow or at high altitudes. Wear a sunscreen that blocks both UVA and UVB rays and a lip balm with sunscreen. Protect your eyes from snow and ice glare with dark glasses or goggles.

Putting it all together for cold-weather safety

These tips can help you safely – and enjoyably – exercise when temperatures drop. Closely monitor how your body feels during cold-weather exercise to help prevent injuries such as frostbite.

Consider shortening your outdoor workout or skipping it altogether during weather extremes, and know when to head home and warm up.

Also, be sure to let someone know your exercise route and your expected return time, in case something does go wrong.

Taking a new approach to dementia care

Pine Ridge Rehabilitation trying Montessori method to interact with residents

By KATE GENELLIE KOHS
HP Correspondent

STEVENSVILLE — Over the years, caring for dementia patients has evolved from a one-size-fits-all, reality-oriented approach to something more individualized.

And the staff at Pine Ridge Rehabilitation and Nursing Center in Stevensville believe they're taking the next step in that evolution.

Ronda Holmes, Pine Ridge's activity leader, has begun to use the Montessori method of teaching to change the way the nursing center's residents interact with their environment.

Montessori, a teaching method that began to grow in popularity in the U.S. in the late 1950s, has been used to foster developmental growth and education for children and adolescents. But some are finding the method can be used to improve the lives of those with dementia.

This isn't the first time Holmes has tried something new at Pine Ridge, she also took the nursing center's entire staff through a Virtual Dementia Tour designed to give them a window into what dementia is like and increase empathy for their residents.

Four years ago, Holmes took a course from Brush Development Co., on applying Montessori principles to dementia patient care. She made sure there were activities available to the residents, but "now we're trying to re-introduce it following the dementia tour," Holmes said.

Now, staff will make sure there are items on every table for residents to interact with however they want. The items include things like flowers in a vase that the residents can arrange, or simply look at; "sensory tubs" filled with rice and little objects that residents can sift through with small shovels or their hands; bolts set in a wood block with nuts that can be twisted on and off; and a bead maze that would be familiar to anyone who's ever been in a pediatrician's waiting room.

Yvonne Wood and Ronda Holmes demonstrate the use of a nuts and bolt board used to stimulate movement and memories as part of the Montessori approach to dealing with dementia.

The activities stimulate memories and movements they need in their day-to-day, such as feeding or dressing themselves. It also gives them things they can do at their own level of physical and cognitive ability, allowing them to complete something and giving them a sense of accomplishment.

Each resident connects with an activity differently. That's a huge part of the Montessori approach to dementia care, said Yvonne Wood, a Pine Ridge activity aid. One man refused to play any of the games, but he liked the board of nuts and bolts. It got him talking about his time as an executive working for GM.

The method can prove challenging. Holmes said she and other staff members scoured their closets to find different items to bring to work.

"You're looking for that one thing," Holmes said. "Each person will connect with something different."

One resident loves to handle old sewing patterns, which makes sense – she used to be a seamstress.

"Those connections – we stumbled on that one," Holmes said.

"Montessori is really focused on the individual person," Wood said.

The Montessori method's goal is to stimulate activity, but also conversation. When the patient starts drawing on long-term memories, it's exercising their brain, but it's also helping them to form connections with the people around them.

"[The staff members] get to know them, and we have that relationship," Wood said.

Dementia is an isolating condition, Holmes said. "They're so closed in their own world because of the sensory changes in their body that they don't engage anymore."

ABOVE: Yvonne Wood, at left, activity aide at Pine Ridge Rehabilitation and Nursing Center, and Ronda Holmes, activity leader, display a variety of sensory materials used to stimulate movement and memories as part of the Montessori approach to dealing with dementia. ON THE COVER: Wood digs through a bowl of rice to find objects as part of the Montessori approach.

A method for all stages of dementia

Dementia isn't a single condition, but an overall term for diseases and conditions related to the decline of memory, language and other thinking skills.

But this suite of diseases usually travels through the brain in a pattern – beginning with the deterioration of recent memories, then affecting the long-term memories, and finally breaking down the dementia patient's ability to speak, eat and eventually breathe.

In the early stages of dementia, a person may have trouble remembering the names of friends or relatives, and become easily confused, but they may still be able to do activities they've long known how to do, such as crocheting.

Giving the patient access to yarn and a crochet hook allows them to exercise parts of their mind and hands, and might spur them to share memories of things they used to make.

"If we can give them proper stimulation, we can keep them in that stage longer," Holmes said.

For late-stage dementia patients, the Montessori principle of encouraging engagement with the tactile environment still holds, even if the patient has lost the ability to speak or move. At that point, staff could apply lotion to their skin or play music.

Leaving behind the old-school approach

When Holmes started her career working in nursing homes, staff used the reality-orientation technique to interact with dementia patients. It was thought that by providing the patient with "orienting" information, like the correct time, place and person-related information, that would provide the patient with greater understanding of their surroundings and could possibly improve their self esteem and sense of control.

Holmes remembers her first job, when she watched a coworker run into the limits of that technique.

One of Holmes' dementia patients was upset and asking for her mother. According to the reality-orientation technique, the patient should be calmly corrected and told the truth about her situation. So Holmes' coworker told the woman that her mother had been dead for years.

The woman with dementia became terribly upset and the memory of that incident stuck with her. Even though the woman couldn't remember that her mother was dead, she remembered what Holmes' coworker had said to her.

For the rest of the woman's time at the nursing home, every time she saw Holmes' coworker, she'd scream, "There's the b---- who told me my mother was dead."

For Holmes, it was a lesson in how traumatic the reality-orientation technique could be.

Now, staff will use the "validation" method, where they're trained to recognize that when a patient asks for their mother, it means they miss their family. So staff will respond to the emotional content of what the patient is saying, rather than the factual content, and might respond by asking the patient about their mother, trying to draw the patient into a conversation.

It allows the staff member to figure out what the problem is in the patient's reality and find a way to validate their emotions.

"It's very effective," Holmes said.

Holmes sees Montessori as the next step beyond the validation method.

The Montessori method is an individualized approach and "it's purposeful engagement for residents with dementia," Holmes said. "Montessori allows us to help them keep their skills, build more skills, reminisce and engage with other residents and staff."

"The person gets to feel like a person again," Wood said.

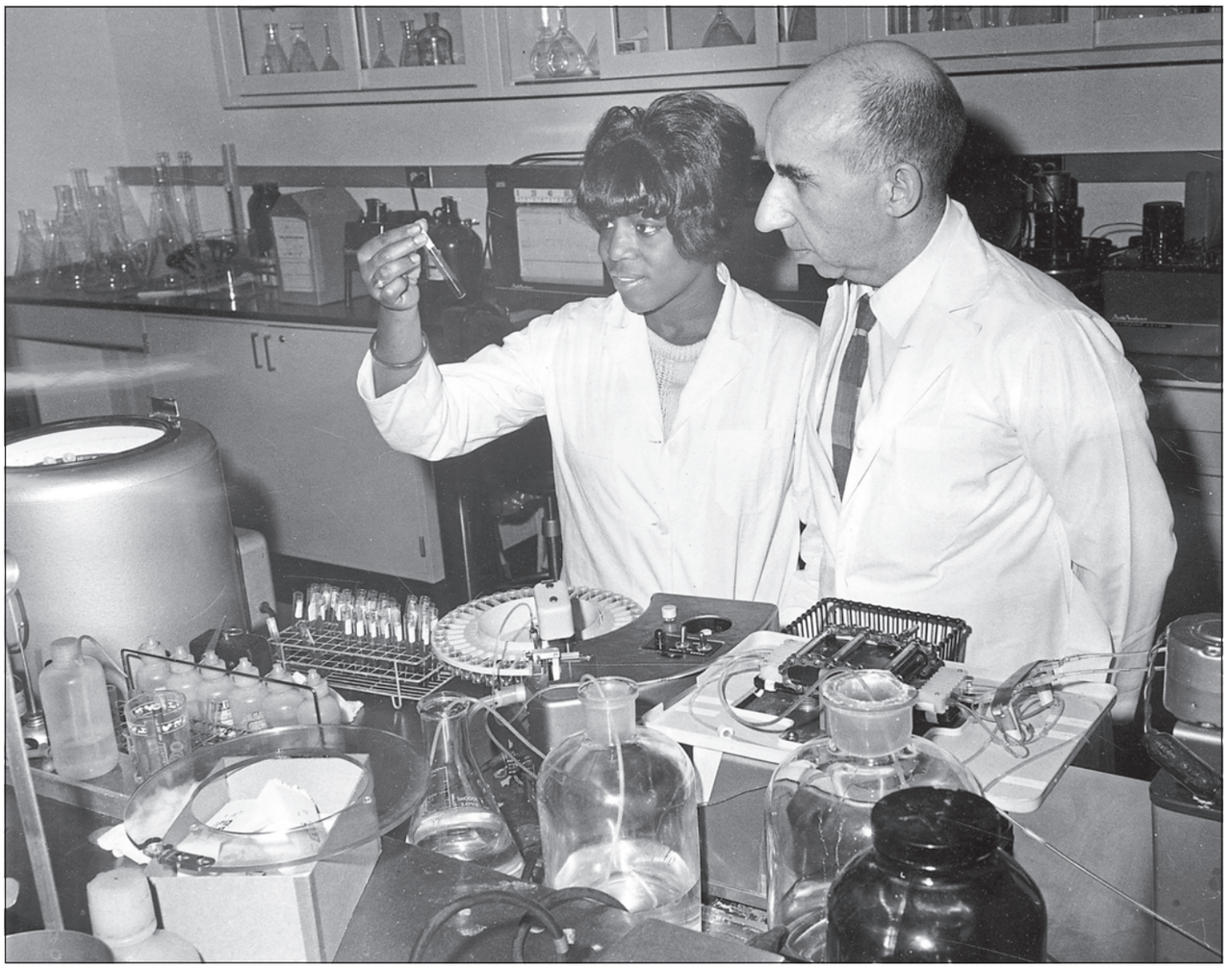
Photos by Don Campbell / HP staff

Yvonne Wood, activity aide at Pine Ridge Rehabilitation and Nursing Center, demonstrates a variety of sensory materials used to stimulate movement and memories as part of the Montessori approach to dealing with dementia.

Father of preventive medicine still going strong

At 100, Jeremiah Stamler is living proof that he was right all along

By CINDY DAMPIER
Chicago Tribune



Luigi Mendicino / Chicago Tribune / TNS

Lab technician Betty Humber, at left, and Dr. Jeremiah Stamler, director of heart research with the Chicago Board of Health, conduct a glucose test on June 12, 1967, at the Civic Center in Chicago.

CHICAGO — Dr. Jeremiah Stamler has a little problem at work. You know the kind: that checklist item that you can't quite seem to check, the one part of the big project that you haven't yet nailed down. You can't slam the door shut on the work until you get answers.

Stamler knows the problem is out there, just waiting for him. And, frankly, that's just the kind of thing he thrives on.

Stamler is a professor emeritus and active research doctor at the Northwestern University Feinberg School of Medicine.

He recently turned 100 years old, and his problem is cheese.

Stamler's specialty is preventive medicine – in fact, he helped invent the field. He did pioneering research into the causes of heart disease, and coined the term "risk factors" to describe circumstantial and genetic contributors that increase the risk of cardiovascular disease.

While working for Chicago Mayor Richard J. Daley's Public Health Department in the 1960s, he developed the Heart Disease Control Program, aimed at educating the public and bringing focus to issues the city still grapples with, such as the availability of healthy food in poor neighborhoods.

He's an early adopter of what's known today as the Mediterranean diet, and his own best advertisement, a long-living testament to the lifestyle changes he advocates.

He's one of only a handful of scientists older than 90 to have an active NIH grant for research.

Oh, and he's a World War II veteran and is partially responsible for the demise of the notorious House Un-American Activities Committee.

"We have immense amounts of things we should be grateful to Dr. Stamler for," says Dr. Donald Lloyd-Jones, chair of the Department of Preventive Medicine at Northwestern, "because he's improved our health as a nation and a world, but he's also affected our society."

Lloyd-Jones points out that Stamler, who founded the department Lloyd-Jones now presides over, "has retained 110 percent of his mental acuity. He's forgotten more than I will ever know, and I don't think he's forgotten very much."

But, aside from being an obvious outlier in the healthy-habits-plus-great-genes department, the record of Stamler's life reveals another core characteristic that clearly fuels him. He's charming, and smart, but he won't back down. Not for anything. Not for big food companies or basic human intransigence or even Congress. Not for the toll age takes, not even for time.

He has made standing up for things his stock-in-trade.

"I think it's a measure of his character," Lloyd-Jones says. "It's remarkable. He's my hero."

Stamler was born in Brooklyn in 1919, and grew up in West Orange, N.J., the child of Russian immigrants. From an early age, he was suspicious of mass-market food.

"The loaf of white bread is anathema," he says. "My father got to this country, saw the white bread and was ready to get back on the boat and go home!"

Instead, he grew up with hearty rye breads and got an early start eating whole grains. Other healthy habits came easy, he says: "I never liked butter. I don't know why. It must've been something in the blood, intuitive."

After medical school, he did what most of his contemporaries were doing and entered the Army. Near the end of World War II, he was sent overseas: "To Bermuda," he says. "So I spent a lovely year in Bermuda, my wife came with me, and it was very nice."

Shortly thereafter, the war ended and Stamler, like thousands of other GIs, headed home to launch the next phase of his life.

He knew he wanted that life to be in research, and in 1947, found a place to pursue that work, taking a position at Michael Reese Hospital in Chicago under pioneering cardiology researcher Dr.

Teresa Crawford / Northwestern University / TNS

Dr. Jeremiah Stamler holds a microphone at Northwestern University's Feinberg Medical School during a celebration for his 100th birthday last fall.

Chicago Tribune file photo / TNS

Dr. Jeremiah Stamler, at right, confers with Yolanda Hall, a nutritionist in his department, during the House Un-American Activities Committee hearings in Chicago on May 25, 1965.

Louis Katz.

"Dr. Katz told me, 'Why the hell do you want to go into research?'" Stamler says. "'You never win. When you first discover something, people will say 'I don't believe it.' Then you do more research and verify it and they'll say, 'Yes, but ...' Then you do more research, verify it further and they'll say, 'I knew it all the time.' And he was right."

Undeterred, Stamler and his first wife, Rose, who trained as a sociologist but went on to become a major researcher in the fields of cardiovascular disease and hypertension, moved to Chicago in 1947.

"They offered me a $200-a-month fellowship," Stamler says. "In those days, that was a fortune."

Stamler's research involved examining the effects of cholesterol and other factors suspected as drivers of cardiovascular disease.

"I was always interested in the heart artery problem," he said. "Why did human beings with diabetes get more heart artery disease? What's the relation of habitual lifestyle, fat intake, saturated fat intake, cholesterol intake, salt intake, with cardiovascular disease. The interplay between multiple factors. And of course we were all interested in tobacco even way back then."

Stamler studied his theories on animals.

"I was feeding cholesterol to chickens," he says. "We could test everything that we suspected might have an impact, except smoking."

And over time, he helped discover and confirm many of the things we now take for granted: High cholesterol and high blood pressure are linked to cardiovascular disease.

Stamler's interest in these issues didn't stop at the merely scientific, however. He had long been interested in social causes – he and Rose had met at student meetings during WWII, while he was still in college, and her work leaned strongly into social justice. He realized that his work had vast implications in the world outside the laboratory.

"From 1948 on, as our work accelerated," he says, "we were more inclined to translate our findings into recommendations for the public."

That approach began to earn him a few enemies.

"Here in Chicago, we had the North American Meat Institute, they were barking at me all the time," he says. "They had a very simple view: Why don't you do research, write papers, publish them and shut up? We didn't feel that was an appropriate posture for people doing research on a scientific problem of great public health importance, to do the research and then bury it. What the hell is the point?"

Big tobacco, big food companies and other interest groups weren't too happy about Stamler's findings either. He didn't care.

"I began to find the best ways to express all this to the public, and we decided that the best way is the risk factor concept," he says. "A set of well-defined traits, easily measured, frequently occurring, which when present, particularly in combination, are greatly associated with increased risk."

Risk factors, which represented something the public could understand and act to change, changed the face of how Americans thought about cardiovascular health.

"The question was, what happens when you modify them, control them, lower them?" Stamler says. "Does the cigarette smoker at age 60, after more than 40 years of smoking, benefit from quitting smoking and lowering cholesterol? The answer is, it isn't too late."

Stamler was driven by a desire to see that knowledge put into practice by the public.

"It's a very important message," he says. "From a practical point of view, it's the only message."

In 1958, Stamler brought that activist approach to public health to city government, taking a position in the Department of Public Health.

"I rolled up my sleeves and went formally to work," he says. "A different kind of work. Quite different from feeding cholesterol to chickens."

Reluctantly, he gave up animal research and turned his attention to the pressing concerns of the city's health.

"We started with rheumatic fever prevention in kids," he says. "We developed a hypertension control program, coronary prevention evaluation program, all right there in Mr. Daley's Health Department. He actually used a picture of me with one of the participants in the programs in one of his political campaigns, to show how up-to-date and modern his administration was."

Stamler also looked to tackle Chicago's diet: "First and foremost, we worked to improve the mix of foods that were readily available in the supermarket. We encouraged broiling rather than frying, roasting on a rotisserie rather than frying, modest portion sizes."

Chicago's legendary steakhouses? They didn't exactly fit Stamler's program.

"It may be OK to victimize a tourist by selling him a 16-ounce steak," he says, "but for the natives, let's make it a 4- or 5-ounce steak. Let's encourage fish and seafood, vegetables and fruits, whole grains. Not that we're indifferent to the outside, but we feel a first responsibility to locals."

But it wasn't steakhouses or even food lobbyists who posed Stamler's next challenge. In 1965, he was called before the House Un-American Activities Committee, a congressional committee aimed at

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ferreting out suspected communist sympathizers in America. The committee was known for subpoenaing a range of people, from the entertainment industry, academia and other spheres of public life.

"They had informants who told them who to call," says Tom Sullivan, an attorney with Jenner & Block who worked on Stamler's HUAC case, "and the people took the Fifth Amendment and that was the end of it. It ruined many lives and employment and wreaked havoc."

The consequences for refusing to answer the committee's questions was blacklisting, and in Stamler's case, Sullivan says, "Mayor Daley would have fired him immediately."

Stamler chose not to exercise a right against self-incrimination, instead choosing not to answer the committee's questions to him by challenging its constitutional right to do so. Sullivan and his team filed suit against the committee on behalf of Stamler and his colleague, Yolanda Hall, who worked as a nutritionist in his department and was also an outspoken activist on issues such as fair housing and civil rights. The committee found the pair in contempt of Congress.

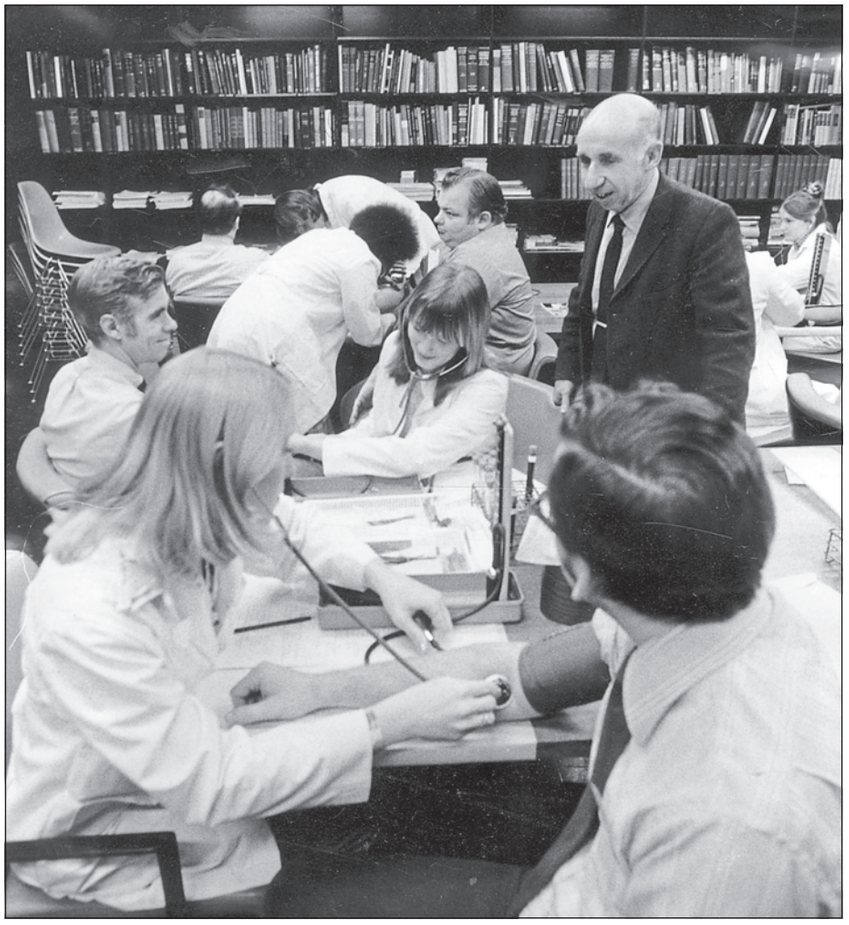
"The clients were facing years in jail for contempt of Congress," Sullivan says, "and Jerry Stamler decided he was willing to take that chance, to make this a test case."

Litigation followed, for 8 1/2 years, during which Stamler continued to champion public health but rarely spoke publicly about the court battle. In late 1973, the case settled, with the committee, which had begun to lose steam, backing down and Stamler's side agreeing to withdraw its complaint.

In 1975, HUAC was disbanded.

"The case," Sullivan says, "was the decisive factor in ending it."

Those who know Stamler best say the story isn't out of character.



Chicago Tribune file photo / TNS

Dr. Jeremiah Stamler watches as medical technicians take blood pressure and blood samples at a community health test on Feb. 7, 1974.

"He has a mantra," Lloyd-Jones says, "just apply firm, steady pressure."

When his scientific discoveries or medical recommendations meet resistance, Lloyd-Jones says, his response is always the same: Keep smiling. But don't back down.

"He knows that if you apply firm, steady pressure over time, the data will win the day," Lloyd-Jones says. "If we make sure our assertions are grounded in the very best science, the truth will out."

In 1972, Stamler was appointed as the founding director of the Department of Community Health and Preventive Medicine at Northwestern, where his research continued, and he took on the role of mentor to a stream of new cardiologists and researchers.

The work has never let up, though Stamler has decided where to draw the line in one arena: "He sort of stopped advancing in his tech use at fax machines," Lloyd-Jones says, "so when we send him papers to read, we email them to his assistant, they print them out, he takes the hard copy, he marks them up extensively in pen, and he faxes them back."

Currently, he's working with a team on metabolomics, the study of products created by the body's metabolic processes.

Those faxed notes, Lloyd-Jones says, are sharp as ever: "He's really at his core a scientist. He's always about taking the data and what it is giving you and not over-interpreting it."

Stamler sticks to his guns at home as well.

"We eat a lot of egg whites in this house," he says. "And I'm not saying that to make nice with the Egg Board. I like hard-boiled egg white with tomato in a good sandwich with whole wheat bread."

Diet is key to good health, he says, and happiness is important, too. Stamler shares homes in New York, Italy and Chicago with his second wife, Gloria, a childhood friend with whom he reconnected after Rose died in 1998.

Though age has robbed him of mobility and he now uses a wheelchair, Stamler says he has one answer for people who wonder whether he'll retire: "No."

"He loves it," Gloria says.

And, of course, he's not quite finished.

"If you think about it," he says, "I should have retired about 30 years ago. But I've kept going, on the basis that there's still some fascinating stuff out there that we haven't touched very well."

Like, for instance, cheese – a supposed villain when it comes to heart health.

"There may be more there than meets the eye," Stamler says. "It's too early to say. People say 'Why are you still working?' It's intriguing questions like that. What's the bottom line with cheese? It just keeps you intrigued and going on."

For the scientist, at least, cheese has a benefit. Maybe even, at this point, a touch of symbiosis.

"I'm annoyed with my ignorance about cheese," Stamler says, contemplating his next move. "I haven't taken the time to get that clear. It sounds simple, but doing it well is a big job."

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